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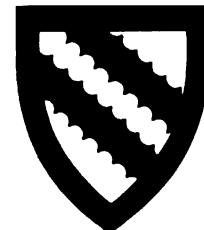
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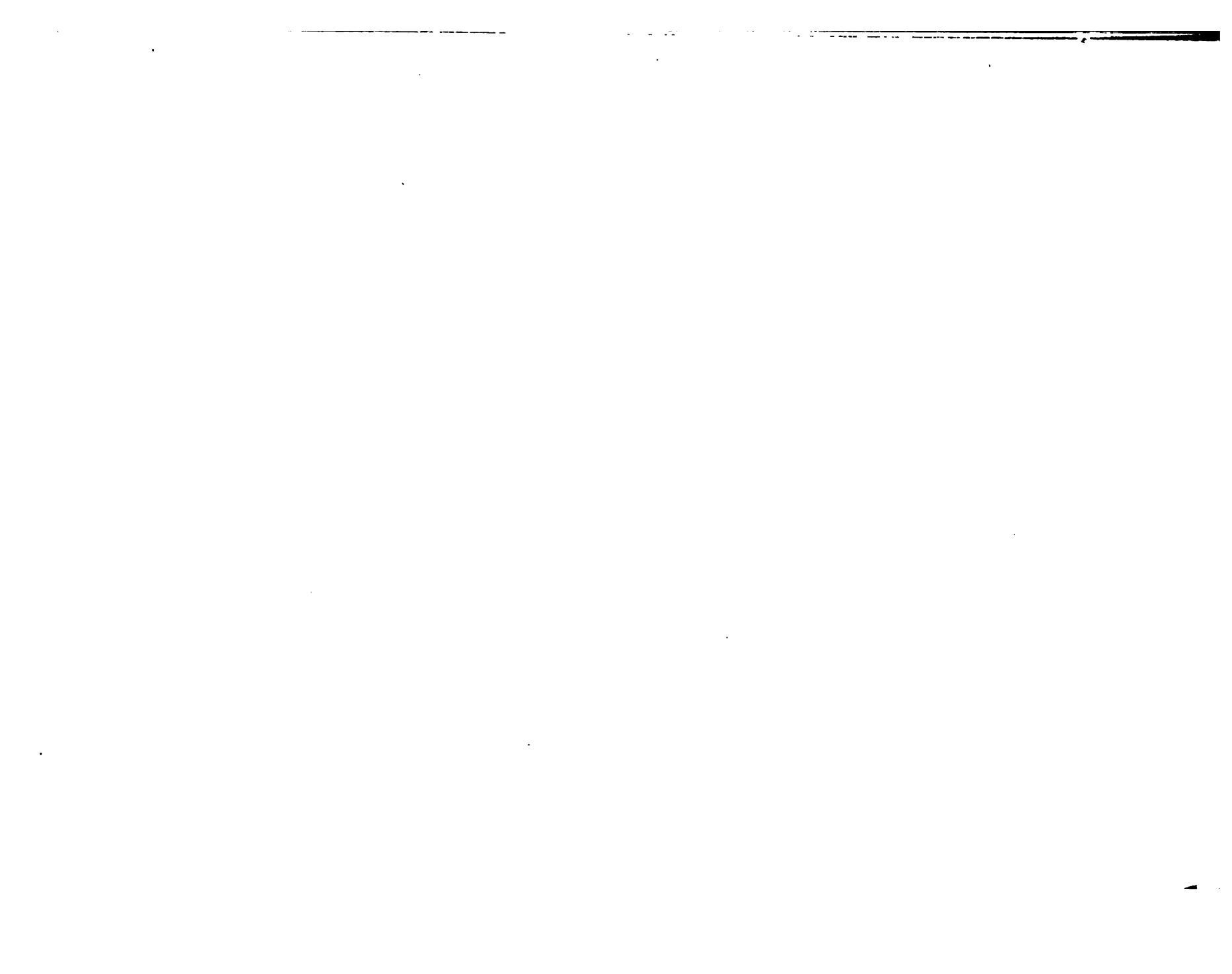
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A HANDBOOK
OF
RHYTHMICAL BALANCE EXERCISES

BY
ETHEL PERRIN and MARY SEELEY STARKS
With an Introduction by
C. O. LOUIS COLLIN, M. D.



PUBLISHED BY
THE BOSTON NORMAL SCHOOL OF GYMNASTICS
1906

796.41

P45h.

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INTRODUCTION

THE hygienic value of an exercise is rated according to its effects upon the vital organs of the body; that is, from its influence upon circulation, respiration, nutrition, etc. The larger and more powerful the neuro-muscular forces involved, the quicker and stronger will this influence be felt, the more far-reaching will be its secondary effects.

In rhythmical balance exercises, also known by the name, "fancy steps," the whole weight of the body is repeatedly thrown off the ground and rhythmically changed from one foot to the other. The principal motor forces engaged herein are the extensor muscles of hip, knee, and ankle joints, which together constitute the most powerful neuro-muscular mechanism of the entire body. The immediate increase in the rate of heart beat and respiration, the feeling of warmth that accrues in a very short time from the practice of this kind of exercises, bear eloquent testimony to their power of organic stimulation.

But it is not from this cause alone that importance is attached to these forms of gymnastics. As factors in training bodily discipline and general coördination they are invaluable. If executed properly, that is, with due regard to form and rhythm, they teach beauty of posture, freedom and grace of motion. They emphasize, from a physical point of view, the best features of dancing. Indeed, in their advanced forms, and under favorable conditions, they contain all the desirable elements of the dance, and might thus be classified.

It is a wide and varied field of physical activities that is covered under this name, rhythmical balance exercises. Their value, from the point of view of economy, is considerable, as the expense of gymnastic apparatus is eliminated, and a large number of individuals can be trained at the same time by one teacher. This fact, together with their pleasurable features, their efficiency in promoting at the same time bodily grace and general organic vigor, should insure to them a prominent place in the field of physical education.

C. O. LOUIS COLLIN.

*Boston Normal School of Gymnastics,
December, 1906.*



AUTHORS' NOTE

In the writing out of each rhythmical balance exercise the method chosen is as follows: The left foot is used for the first important movement, and all the remaining movements of the exercise follow in order. This series is called the *formula*. The execution of the formula leaves the right foot in position to start the whole exercise over again, except where * is found, in which case it is necessary to begin the formula with the left foot each time.

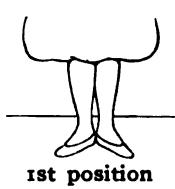
Every formula is divided into *bracketed spaces*, and within each space are shown the movements made and the positions taken during the count, or counts, indicated underneath the bracket. (See example of bracketed space in key, page 9.)

Certain signs have been adopted which can readily be understood by a careful reading of the key. Every rule that applies to the book as a whole may be found in this key; while those applying to individual groups only, may be found in remarks preceding the groups.

There are eleven *foundation steps*, with the formula for each written out, and the name beside it. To each of these are added other movements, arranged in systematic sequence, and called *variations*. The series thus made forms a group of exercises, and these groups bear the names of their foundation steps, as follows: Follow-Step, Balance-Step, Gallop-Step, Polka-Step, Two-Step, Skip-Step, Change-Step, Rocking-Step, Swing-Step, Cut-Step, Mazurka-Step. (See index.)

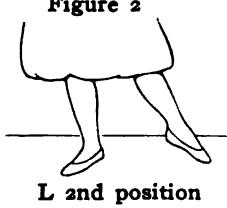


Figure 1



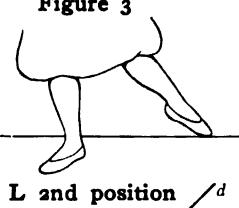
1st position

Figure 2



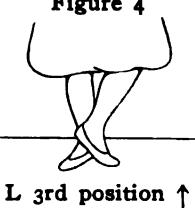
L 2nd position
Touch L ←

Figure 3



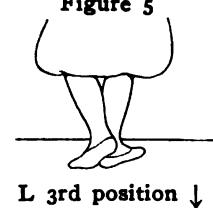
L 2nd position /^d
— L knee or leg ←
/ L leg ←

Figure 4



L 3rd position ↑

Figure 5



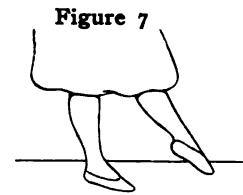
L 3rd position ↓

Figure 6



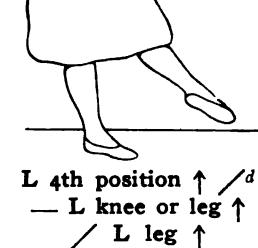
L 3rd position ↓ /^d

Figure 7



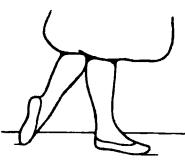
L 4th position ↑
Touch L ↑

Figure 8



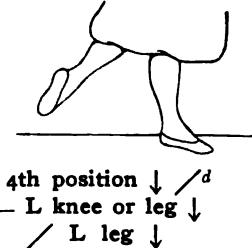
L 4th position ↑ /^d
— L knee or leg ↑
/ L leg ↑

Figure 9



L 4th position ↓
Touch L ↓

Figure 10



L 4th position ↓ /^d
— L knee or leg ↓
/ L leg ↓

Figure 11

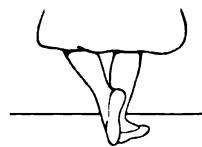
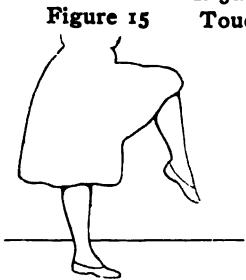
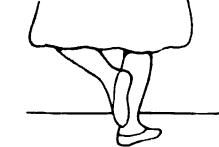


Figure 15



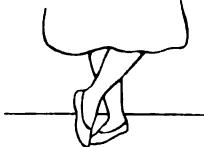
L 5th position
Touch L 5th

Figure 12



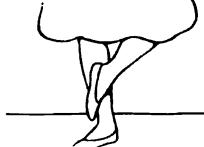
L 5th position /^d
✓ L 5th /^d

Figure 13



L 6th position
Touch L 6th

Figure 14



L 6th position /^d
✓ L 6th /^d

Figure 16



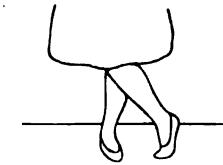
✓ L knee ↓

Figure 17



Step L ← × in front of R

Figure 18



Step L ← × in back of R

ERRATA

Page 8, Tenth line down—for 3rd \diagup^d read 3rd \downarrow^d .

" 9, Twelfth line down—count 2 should read $\boxed{\text{Hop R, } \checkmark \text{ & — L knee } \uparrow}$
2

" 29, Numbers 45-47—counts under third bracketed space should read 3, 4, 5, 6.

" 54, Number 121—count 9 should read $\boxed{\text{hop L, } \diagup \text{ R leg } \uparrow}$
9

" 57, For Tempo II, read Tempo I.

" 57, Numbers 3, 4, 5—where X occurs read sign \times .

" 63, Numbers 141, 142—count 12 should read $\boxed{\text{hop R, } \diagup \text{ L leg } \downarrow}$. Counts 13-16 should read $\boxed{\text{front-and-rear L side-skip-step}}$
12
13-16

" 98, Number 60—end should read and with $\text{at } 45^\circ$ R on 2, 3.

" 105, Numbers 1, 2, 3—where 5th occurs, read 5th \diagup^d

" 107, Third line up—instead of clause and repeat with at on 22-24, read and repeat with $\text{at } 180^\circ$ R on 22-24.

" 112, Numbers 22-24—counts 13-16 should read $\boxed{\text{front, or rear, or front-and-rear L side-skip-step}}$
13, 14, 15, 16



K E Y

LIST OF SIGNS

- L : Left.
- R : Right.
- ↑ : Forward direction.
- ↓ : Backward direction.
- ↕ : Forward and Backward.
- ← : Sideways to the left.
- : Sideways to the right.
- ↔ : Both directions sideways.
- ↖ : Diagonally forward to the left.
- ↗ : Diagonally forward to the right.
- ↖ : Diagonally backward to the left.
- ↘ : Diagonally backward to the right.
- ↙ : Raise. (See figures 3, 8, and 10.)
- ↖^d : Raised.
- ↖ : Sink.
- ↙ : Bend. (See figures 12, 14, 15, and 16.)
- : Stretch. (See figures 3, 8, and 10.)
- ⤠ : Twist or twisting.

Twisting 45° on a movement does not change the direction of any following movements from that of the original formula. Twisting 90° and 180°, however, so places the feet that the original directions of the arrows do not apply, and following movements must, therefore, be based on the new starting-point. When a return from a twisting is possible within the given formula, it is so stated. When the last count of the formula leaves one twisted, the next execution of the formula must be used for the return and twisting again. Wherever the phrase "and with ⤠" is found applied to an exercise, the twisting is optional.

\times : Across. (See figures 17 and 18.)

\square : Square, and is the figure made when a formula and the 90° twisting indicated with it are repeated enough times to bring one back to the original starting-point, a hollow square having been made.

POSITIONS OF THE FEET. In all but 1st, the positions are described for the left foot only.

- 1st. Heels together with the feet at 90° angle. (See figure 1.)
- 2nd. The left toe touching at the left side. (See figure 2.)
- 2nd $/^d$. The left foot extended at the left side, raised off the floor. (See figure 3.)
- 3rd \uparrow . The left toe touching the floor at the right instep. (See figure 4.)
- 3rd \downarrow . The left instep against the right heel, with the left toe touching the floor. (See figure 5.)
- 3rd $/^d$. The left instep against the back of the right leg just above the heel, with the left foot raised off the floor. (See figure 6.)
- 4th \uparrow . The left toe touching the floor in front. (See figure 7.)
- 4th $\uparrow/^d$. The left foot extended forward, raised off the floor. (See figure 8.)
- 4th \downarrow . The left toe touching the floor behind. (See figure 9.)
- 4th $\downarrow/^d$. The left foot extended backward, raised off the floor. (See figure 10.)
- 5th. The left toe touching the floor at the right heel, with the left ankle extended. (See figure 11.)
- 5th $/^d$. The left foot against the back of the right leg, with the left ankle extended, the foot raised off the floor, and the knee kept well out. (See figure 12.)
- 6th. The left toe touching the floor at the right toe, with the left ankle extended. (See figure 13.)
- 6th $/^d$. The left foot against the front of the right leg, with the left ankle extended, the foot raised off the floor, and the knee kept well out. (See figure 14.)

MOVEMENTS. The following movements are described for the left foot only, and in a sideways direction to the left.

STEP. Place the left foot to the left side, transferring the weight to it.

SLIDE. Slide the left foot on the floor to the left side, transferring the weight to it.

LEAP. Spring lightly from the right foot to the left, bringing the right foot immediately into 5th position raised.

HOP. Standing on the left foot, make a light hop, keeping the right foot in 3rd position backward raised.

CUT. Standing on the right foot, with the left foot raised off the floor, displace the right foot by the left. A cut may be made from any given position or movement of one foot into any given position or movement of the other.

TOUCH. Standing on the right foot, make a light rebounding touch with the left toe to the left side. (See figure 2.)

TOGETHER. When the feet are separated and the weight is on the right, bring the left up to the right.

HOLD. Remain in the position last taken.

BRACKETED SPACE. The three following examples are offered as explanations of bracketed spaces. The first interprets a simple formula. The second describes the execution of several movements on one count. The third shows a single movement requiring more than one count.

| / L leg ↑, √ R knee | — R knee | touch L ↑ | L follow-step ↑ or ↓ | *Raise left leg forward, bend right knee.* These

movements are enclosed in the first bracketed space to show that they are done simultaneously, and the figure 1 underneath indicates that the execution of them takes one count. *Stretch right knee.* This movement is done on count 2. *Touch left toe forward.* This movement is done on count 3. *Left follow-step forward, or left follow-step backward.* (See page 13, steps number 1 and 2 for the definition of left follow-step forward and backward.) As the follow-step requires two counts, below this bracketed space are written 4 and 5. The choice of direction forward or backward indicates that counts 1, 2, and 3 may precede the left follow-step forward or may precede the left follow-step backward.

| Hop R, / L leg ↑ | hop R, √ & — L knee ↓ | Notice that counts 1 and 2 are of the same duration; but, while in

count 1 the simultaneous movements for left and right are both single, in count 2 they are a single one for the right and a double one for the left, the two parts of which must be done in quick succession.

| Step L ← | / R leg ↑ | hop L | In this formula the raising of the right leg is not completed until the hop has been

made by the left foot on count 3. Care must be taken not to mistake the hop for a fourth count.

VARIATION. In the first formula used for the explanation of bracketed space the movements done on counts 1, 2, and 3 form the variation.

FOUNDATION. The follow-step on counts 4, 5 of the same formula as above, is the foundation.

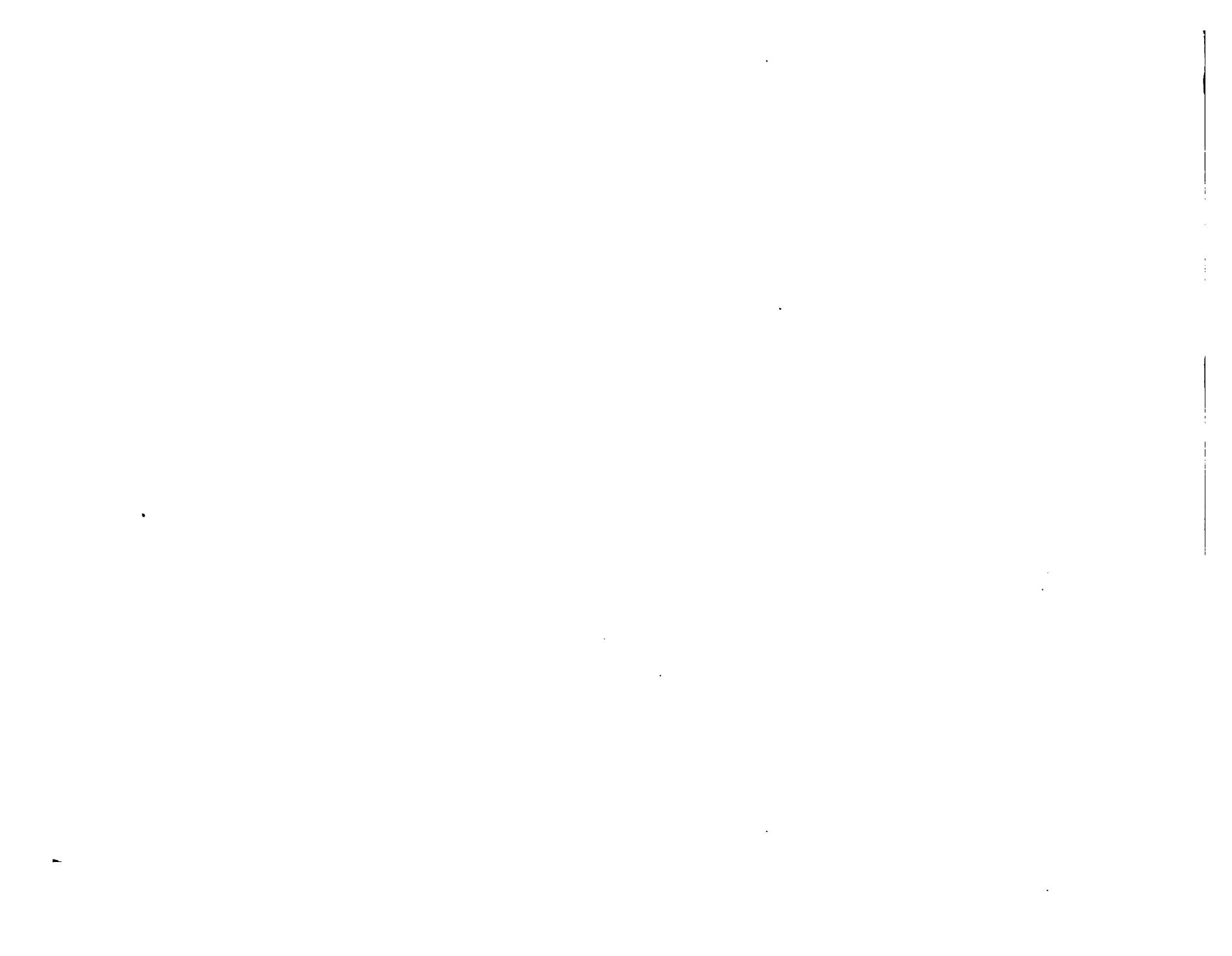
TEMPO. This is the term used to indicate the rate at which the exercises are taken when learned; but during the early practice of them the rate of execution may depend upon the teacher's discretion.

Tempo I. means that each count of the formula requires one second of time.

Tempo II. means that each count of the formula requires one-half second of time.

SPECIAL NOTES.

- a. When a new movement is given for one foot only, the other remains in its last position.
- b. When any variation beginning with a hop is repeated with change of feet, this first hop is changed to a cut on the repetition.
- c. When the formula is repeated it begins again with the same foot.



THE FOLLOW-STEP

REMARKS

The Follow-Step is representative of a class of exercises that enable the pupil to acquire erect carriage and accurate movement. It has the elements of a march, and is somewhat more military than æsthetic in character. As it is easily learned, it forms a good introduction to more complicated exercises. The tempo should never be quickened, and each movement should be done with precision, with class-counting as an aid.

If music is used, 4/4 march time is suitable, or well marked 6/8 time, when not played too fast. This rhythm applies to such exercises of the group as have two, four, or eight counts. The three-count formulæ may be done to 3/4 minuet time. The five-count formulæ are not to be done to music.

FOLLOW-STEP

TEMPO I.

Number			Counts
1	Step L ↑ / R heel together with R in 1st	This is the L follow-step ↑.....	2
	1 2		
2	Step L ↓ / R heel together with R in 1st	This is the L follow-step ↓.....	2
	1 2		
3	Step L ← / R heel together with R in 1st	This is the L follow-step ←.....	2
	1 2		
	Numbers 1, 2, and 3 may be done continuously with same foot leading or may be done with alternate feet.		
4	/ L leg ↑ L follow-step ↑	3
	1 2, 3		
5	/ L leg ↓ L follow-step ↓	3
	1 2, 3		
6	/ L leg ← L follow-step ←	3
	1 2, 3		
7	✓ L knee ↑ L follow-step ↑	3
	1 2, 3		
8	✓ L knee ↓ L follow-step ↓	3
	1 2, 3		
9, 10	✓ L knee ↑ or ↓ — L knee ↑ L follow-step ↑	4
	1 2 3, 4		
xi	✓ L knee ↑ — L knee ↓ L follow-step ↑	4
	1 2 3, 4		

FOLLOW-STEP

Number		Counts
12, 13	✓ L knee ↑ or ↓ — L knee ↓ L follow-step ↓ I 2 3, 4	4
14	✓ L knee ↓ — L knee ↑ L follow-step ↓ I 2 3, 4	4
15, 16	/ R leg ↑ ✓ L knee ↑ L follow-step ↑ or ↓ I 2 3, 4	4
17	/ L leg ↓ ✓ L knee ↑ L follow-step ↑ I 2 3, 4	4
18	/ L leg ↑, ✓ & — R knee L follow-step ↑ I 2, 3	3
19	/ L leg ↓, ✓ & — R knee L follow-step ↓ I 2, 3	3
20-22	/ L leg ←, ✓ & — R knee L follow-step ↑, ↓, or ← I 2, 3	3
23	/ L leg ↑ ✓ & — R knee L follow-step ↑ § I 2 3, 4	4
24	/ L leg ↓ ✓ & — R knee L follow-step ↓ § I 2 3, 4	4
25-27	/ L leg ← ✓ & — R knee L follow-step ↑, ↓, or ← § I 2 3, 4	4
28	/ L leg ↓, ✓ R knee — R knee L follow-step ↓ § I 2 3, 4	4
29	/ L leg ↑, ✓ R knee — R knee L follow-step ↑ § I 2 3, 4	4
30-32	/ L leg ←, ✓ R knee — R knee L follow-step ↑, ↓, or ← § I 2 3, 4	4

§ See Key, special note a, page 9.

FOLLOW-STEP

Number		Counts
33	Touch L ↑ L follow-step ↑ 	3
	1 2, 3	
34	Touch L ↓ L follow-step ↓ 	3
	1 2, 3	
35	Touch L ← L follow-step ← 	3
	1 2, 3	
36	/ L leg ↑ touch L ↑ L follow-step ↑ 	4
	1 2 3, 4	
37	/ L leg ↓ touch L ↓ L follow-step ↓ 	4
	1 2 3, 4	
38	/ L leg ← touch L ← L follow-step ← 	4
	1 2 3, 4	
39, 40	✓ L knee ↑ or ↓ — L knee ↑ touch L ↑ L follow-step ↑ 	5
	1 2 3 4, 5	
41, 42	✓ L knee ↑ or ↓ — L knee ↓ touch L ↓ L follow-step ↓ 	5
	1 2 3 4, 5	
43	/ L leg ↑, ✓ & — R knee touch L ↑ L follow-step ↑ 	4
	1 2 3, 4	
44	/ L leg ↓, ✓ & — R knee touch L ↓ L follow-step ↓ 	4
	1 2 3, 4	
45-47	/ L leg ←, ✓ & — R knee touch L ← L follow-step ↑, ↓, or ← 	4
	1 2 3, 4	
48	/ L leg ↑ ✓ & — R knee touch L ↑ L follow-step ↑ §	5
	1 2 3 4, 5	
49	/ L leg ↓ ✓ & — R knee touch L ↓ L follow-step ↓ §	5
	1 2 3 4, 5	

§ See Key, special note a, page 9.

FOLLOW-STEP

Number		Counts
50-52	/ L leg ← ✓ & — R knee touch L ← L follow-step ↑, ↓, or ← §	5
	1 2 3 4, 5	
53	/ L leg ↑, ✓ R knee — R knee touch L ↑ L follow-step ↑ §	5
	1 2 3 4, 5	
54	/ L leg ↓, ✓ R knee — R knee touch L ↓ L follow-step ↓ §	5
	1 2 3 4, 5	
55-57	/ L leg ↔, ✓ R knee — R knee touch L ← L follow-step ↑, ↓, or ← §	5
	1 2 3 4, 5	
58-60	Touch L 5th, ✓ & — knees L follow-step ↑, ↓, or ← 	3
	1 2, 3	
61, 62	Touch L 5th, ✓ & — knees touch L ↑ L follow-step ↑ or ↓ 	4
	1 2 3, 4	
63	Touch L 5th, ✓ & — knees touch L ↓ L follow-step ↓ 	4
	1 2 3, 4	
64-66	Touch L 5th, ✓ & — knees touch L ← L follow-step ↑, ↓, or ← 	4
	1 2 3, 4	
67, 68	Touch L 5th, ✓ & — knees touch L ↑ touch L ← L follow-step ↑ or ↓ 	5
	1 2 3 4, 5	
69	Touch L 5th, ✓ & — knees touch L ↑ touch L ↓ L follow-step ↓ 	5
	1 2 3 4, 5	
70, 71	Touch L 5th, ✓ & — knees touch L ↓ touch L ↑ or ← L follow-step ↓ 	5
	1 2 3 4, 5	
72, 73	Touch L 5th, ✓ & — knees touch L ← touch L ↑ L follow-step ↑ or ↓ 	5
	1 2 3 4, 5	

* See Key, special note a, page 9.

FOLLOW-STEP

Number			Counts
74	Touch L 5th, \checkmark & — knees touch L \leftarrow touch L \downarrow L follow-step \downarrow 	1 2 3 4, 5	5
75-77	Step L \leftarrow touch R 5th, \checkmark & — knees step R \rightarrow touch L 5th, \checkmark & — knees L follow-step \uparrow, \downarrow , or \leftarrow R follow-step in corresponding direction \uparrow, \downarrow , or \rightarrow 	1 2 3 4 5, 6 7, 8	8
78-80	Step L \leftarrow touch R \uparrow step R \rightarrow touch L \uparrow L follow-step \uparrow, \downarrow , or \leftarrow R follow-step in corresponding direction \uparrow, \downarrow , or \rightarrow 	1 2 3 4 5, 6 7, 8	8

Heels / and \ may be added at the end of every follow-step (one extra count). L heel / and \ (one extra count) may be inserted before the last count of every follow-step.



THE BALANCE-STEP

REMARKS

The Balance-Step illustrates the same kind of movement as the Follow-Step, but in this case the difficulty of maintaining the balance is greater. It is, therefore, one of the most valuable means of securing a strong and graceful carriage in walking.

The music suitable for Balance-Step is the same as that for Follow-Step. (See page 11.)



BALANCE-STEP

TEMPO I.

Number			Counts
1	Step L ↑, / R heel hold	This is the L balance-step ↑.	2
	1 2		
2	Step L ↓, / R heel hold	This is the L balance-step ↓.	2
	1 2		
3	/ L leg ↑ L balance-step ↑		3
	1 2, 3		
4	/ L leg ↓ L balance-step ↓		3
	1 2, 3		
5	✓ L knee ↑ L balance-step ↑		3
	1 2, 3		
6	✓ L knee ↓ L balance-step ↓		3
	1 2, 3		
7, 8	✓ L knee ↑ — L knee ↑ L balance-step ↑ or ↓		4
	1 2 3, 4		
9	✓ L knee ↓ — L knee ↓ L balance-step ↓		4
	1 2 3, 4		
10	/ L leg ↑ ✓ L knee ↑ L balance-step ↑		4
	1 2 3, 4		
11	/ L leg ↑, ✓ & — R knee L balance-step ↑		3
	1 2, 3		
12	/ L leg ↓, ✓ & — R knee L balance-step ↓		3
	1 2, 3		

BALANCE-STEP

Number					Counts	
13	/ L leg ↑ ✓ & — R knee L balance-step ↑ §	1	2	3, 4	4	
14	/ L leg ↓ ✓ & — R knee L balance-step ↓ §	1	2	3, 4	4	
15	Touch L ↑ L balance-step ↑ 	1	2, 3		3	
16	Touch L ↓ L balance-step ↓ 	1	2, 3		3	
17	/ L leg ↑ touch L ↑ L balance-step ↑ 	1	2	3, 4	4	
18	/ L leg ↓ touch L ↓ L balance-step ↓ 	1	2	3, 4	4	
19	✓ L knee ↑ — L knee ↑ touch L ↓ L balance-step ↑ 	1	2	3	4, 5	5
20	✓ L knee ↑ — L knee ↓ touch L ↓ L balance-step ↓ 	1	2	3	4, 5	5
21	✓ L knee ↓ — L knee ↓ touch L ↓ L balance-step ↓ 	1	2	3	4, 5	5
22	/ L leg ↑, ✓ & — R knee touch L ↑ L balance-step ↑ 	1	2	3, 4	4	
23	/ L leg ↓, ✓ & — R knee touch L ↓ L balance-step ↓ 	1	2	3, 4	4	
24	/ L leg ↑ ✓ & — R knee touch L ↑ L balance-step ↑ §	1	2	3	4, 5	5

* See Key, special note a, page 9.

BALANCE-STEP

Number					Counts	
25	/ L leg ↓ ✓ & — R knee touch L ↓ L balance-step ↓ §	1	2	3	4, 5	5
26	/ L leg ↑ / L leg ↓, ✓ & — R knee touch L ↑ L balance-step ↑ 	1	2	3	4, 5	5
27	/ L leg ↓ / L leg ↑, ✓ & — R knee touch L ↓ L balance-step ↓ 	1	2	3	4, 5	5
28, 29	Touch L 5th, ✓ & — knees L balance-step ↑ or ↓ 	1	2, 3			3
30, 31	Touch L 5th, ✓ & — knees touch L ↑ or ← L balance-step ↑ 	1	2	3, 4		4
32	Touch L 5th, ✓ & — knees touch L ↑ L balance-step ↓ 	1	2	3, 4		4
33, 34	Touch L 5th, ✓ & — knees touch L ↓ or ← L balance-step ↓ 	1	2	3, 4		4
35	Touch L 5th, ✓ & — knees touch L ↑ touch L ← L balance-step ↑ 	1	2	3	4, 5	5
36	Touch L 5th, ✓ & — knees touch L ← touch L ↑ L balance-step ↑ 	1	2	3	4, 5	5
37, 38	Touch L 5th, ✓ & — knees touch L ↑ touch L ↓ or ← L balance-step ↓ 	1	2	3	4, 5	5
39, 40	Touch L 5th, ✓ & — knees touch L ↓ touch L ↑ or ← L balance-step ↓ 	1	2	3	4, 5	5
41, 42	Touch L 5th, ✓ & — knees touch L ← touch L ↑ or ↓ L balance-step ↓ 	1	2	3	4, 5	5

* See Key, special note a, page 9.

BALANCE-STEP

Number		Counts
*43, 44	Step L ← touch R 5th, √ & — knees step R → touch L 5th, √ & — knees L balance-step ↑ or ↓ I 2 3 4 5, 6 R balance-step in same direction ↑ or ↓ 7, 8	8
*45, 46	Step L ← touch R ↑ step R → touch L ↑ L balance-step ↑ or ↓ R balance-step in same direction ↑ or ↓ I 2 3 4 5, 6 7, 8	8
	L heel / and \ may be added at the end of every balance-step (one extra count).	

* See Key, special note c, page 9.

THE GALLOP-STEP

REMARKS

The Gallop-Step requires greater coördination than the preceding groups, because, although the movements made are simple, they are done in quick succession. The exercises are especially suitable for young children.

Note that Tempo I. is the time in which all Gallop-Steps are done, but to make them clearer for teaching, the foundation steps, numbers 1-6, inclusive, are described in Tempo II.

The exercises of the Gallop-Step that require four, eight, or sixteen counts may be done to 2/4 polka or galop music. Most of those taking three, six, or twelve counts do not well adapt themselves to music.



GALLOP-STEP

TEMPO I.

Number							Croats
1	Step L ↑ together with R in 3rd ↓ step L ↑ together with R in 3rd ↓ step L ↑ hold	1	2	3	4	5	6
2	Step L ↓ together with R in 3rd ↑ step L ↓ together with R in 3rd ↑ step L ↓ hold	1	2	3	4	5	6
3	Step L ← together with R in 3rd ↓ step L ← together with R in 3rd ↓ step L ← hold	1	2	3	4	5	6
	These forms are shown as a teaching analysis, but are cumbersome as a basis for variations.						
	Step L together with R in 3rd step L together with R in 3rd step L hold						TEMPO I. (See Remarks, page 25.)
	1	2	3	4	5	6	
		1	2	3			
	Let counts 1 and 2, therefore, constitute the 1st count, 3 and 4 the 2nd count, 5 and 6 the 3rd count. The steps are then called the three-count L gallops-steps, respectively ↑, ↓, and ←.						
4	Step L ↑, together with R in 3rd ↓ step L ↑, together with R in 3rd ↓ step L ↑, together with R in 3rd ↓ step L ↑, hold	1	2	3	4		4
5	Step L ↓, together with R in 3rd ↑ step L ↓, together with R in 3rd ↑ step L ↓, together with R in 3rd ↑ step L ↓, hold	1	2	3	4		4
6	Step L ←, together with R in 3rd ↓ step L ←, together with R in 3rd ↓ step L ←, together with R in 3rd ↓ step L ←, hold	1	2	3	4		4
	These steps are called the four-count L gallop-steps ↑, ↓, and ←.						
	Numbers 1-6 inclusive may be done adding a hop without an extra count at the beginning of each step. They then become hop-gallop-steps.						

GALLOP-STEP

Number			Counts
7, 8	Hop R, / L leg ↑ hop R, / L leg ↓ four-count L hop-gallop-step ↑ or ←	1 2 3, 4, 5, 6	6
9-11	Hop R, / L leg ↓ hop R, / L leg ↑ four-count L hop-gallop-step ↑, ↓, or ←	1 2 3, 4, 5, 6	6
Numbers 7-11 inclusive may be done repeating the variation with the same foot, increasing the number of counts to 8.			
12, 13	Touch L ↑ touch L ↓ four-count L gallop-step ↑ or ←	1 2 3, 4, 5, 6	6
14-16	Touch L ↓ touch L ↑ four-count L gallop-step ↑, ↓, or ←	1 2 3, 4, 5, 6	6
17-19	Touch L ← touch L ↑ four-count L gallop-step ↑, ↓, or ←	1 2 3, 4, 5, 6	6
20, 21	Touch L ↑ touch L ← four-count L gallop-step ↑ or ↓	1 2 3, 4, 5, 6	6
22, 23	Touch L ← touch L ↓ four-count L gallop-step ↑ or ←	1 2 3, 4, 5, 6	6
24, 25	Touch L ↓ touch L ← four-count L gallop-step ↑ or ↓	1 2 3, 4, 5, 6	6
26, 27	Touch L ↑ touch L ↓ touch L ← three-count L gallop-step ↑ or ↓	1 2 3 3, 4, 5, 6	6
28, 29	Touch L ↓ touch L ↑ touch L ← three-count L gallop-step ↑ or ↓	1 2 3 3, 4, 5, 6	6
30-32	Touch L ← touch L ↓ touch L ↑ three-count L gallop-step ↑, ↓, or ←	1 2 3 3, 4, 5, 6	6
33, 34	Hop R, touch L heel ↑ hop R, touch L toe ↓ four-count L hop-gallop-step ↑ or ←	1 2 3, 4, 5, 6	6

GALLOP-STEP

Number			Counts
35-37	Hop R, touch L heel ← hop R, touch L toe ↑ four-count L hop-gallop-step ↑, ↓, or ← 	1 2 3, 4, 5, 6	6
38, 39	Hop R, touch L heel ← hop R, touch L toe ↓ four-count L hop-gallop-step ↑ or ← 	1 2 3, 4, 5, 6	6
	Numbers 33-39 inclusive may be done repeating the variation with change of feet;† increasing the number of counts to 8. They then become *.		
40-42	/ L leg ↑ touch L ↑ four-count L gallop-step ↑, ↓, or ← 	1 2 3, 4, 5, 6	6
43, 44	/ L leg ↓ touch L ↓ four-count L gallop-step ↑ or ← 	1 2 3, 4, 5, 6	6
45-47	/ L leg ↑, √ & — R knee touch L ↑ four-count L gallop-step ↑, ↓, or ← 	1 2 3, 4, 5,	6
48-50	Touch L 5th, √ & — knees three-count L gallop-step ↑, ↓, or ← 	1 2, 3, 4	4
51-53	Touch L 5th, √ & — knees touch L ↑ four-count L gallop-step ↑, ↓, or ← 	1 2 3, 4, 5, 6	6
54, 55	Touch L 5th, √ & — knees touch L ↓ four-count L gallop-step ↑ or ← 	1 2 3, 4, 5, 6	6
56, 57	Touch L 5th, √ & — knees touch L ← four-count L gallop-step ↑ or ↓ 	1 2 3, 4, 5, 6	6
58-60	Step L ← touch R 5th, √ & — knees step R → touch L 5th, √ & — knees four-count L gallop-step ↑, ↓, or ← 	1 2 3 4 5, 6, 7, 8	8
	and with ↗ 45° R on 1, 2, and return and ↗ 45° L on 3, 4.		
	† See Key, special note b, page 9. * See Key, special note c, page 9.		

GALLOP-STEP

Number			Counts
61-63	Step L ← touch R ↑ step R → touch L ↑ four-count L gallop-step ↑, ↓, or ← 	1 2 3 4 5, 6, 7, 8	8
64, 65	Hop R, touch L 6th, √ knees hop R, — L leg ↗ four-count L hop-gallop-step ↑ or ↓ 	1 2 3, 4, 5, 6	6
66-68	Hop R, / L leg ↗ hop R, touch L 6th four-count L hop-gallop-step ↑, ↓, or ← 	1 2 3, 4, 5, 6	6
69-71	Hop R, √ L 6th / ^d hop R, √ L 5th / ^d four-count L hop-gallop-step ↑, ↓, or ← 	1 2 3, 4, 5, 6	6
72-74	Hop R, √ L 5th / ^d hop R, √ L 6th / ^d four-count L hop-gallop-step ↑, ↓, or ← 	1 2 3, 4, 5, 6	6
<p>Numbers 64-74 inclusive may be done with w 180° L on 1, 2. They may also be done repeating the variation with same or with change of feet,† increasing the number of counts to 8. If same foot is used, w again 180° L on the repetition of 1, 2. If change of feet is used, w is omitted altogether and the steps become *.</p>			
75-77	Leap L ← leap R → four-count L gallop-step ↑, ↓, or ← 	1 2 3, 4, 5, 6	6
78, 79	Three-count L gallop-step ← w 90° L or R on 3 three-count R gallop-step → w again 90° L or R on 6 repeat 1-3 repeat 4-6 completing L or R <input type="checkbox"/> in 12 counts.	1, 2, 3 4, 5, 6 7, 8, 9 10-12	12

† See Key, special note b, page 9.

* See Key, special note c, page 9.

GALLOP-STEP

Number			Counts
80, 81	Four-count L gallop-step ← ↘ 90° L or R on 4 four-count R gallop-step → ↗ again 90° L or R on 8 repeat 1-4 repeat 5-8 completing L or R <input type="checkbox"/> in 16 counts. 13-16	5, 6, 7, 8 9-12	
82, 83	Three-count L gallop-step ← ↘ 180° L or R on 1-3 three-count R gallop-step → ↗ again 180° L or R on 4-6 com- pleting L or R figure in 6 counts. (The figure necessitates progression ↔ in a straight line.)	4, 5, 6	6
84, 85	Four-count L gallop-step ← ↘ 180° L or R on 1-4 four-count R gallop-step → ↗ again 180° L or R on 5-8 com- pleting L or R figure in 8 counts.	5, 6, 7, 8	8
	Numbers 8, 11, 13, 16, 19, 23, 32, 34, 37, 39, 42, 44, 47, 50, 55, 60, 63, 68, 71, 74, and 77, in which the gallop-step is ↔ may be done on L or R <input type="checkbox"/> , as in numbers 78-81, and on L or R figure, as in numbers 82-85, according as the counts in their foundations correspond.		



THE POLKA-STEP

REMARKS

The long continued popularity of the polka proves that it should occupy an important place in rhythmical balance exercises. Its liveliness and its decided rhythm make it interesting, but care should be taken in teaching to insist on correct execution. The *hop* should precede each polka as a grace note does a measure of music, and must not be given a separate count. The even rhythm of the exercise should be carefully preserved, and, for this reason, the Polka-Step should always be taught before the Two-Step, that the two may not be confused.

If music is desired for the Polka-Step, well marked $2/4$ polka time is suitable for the four-, eight-, sixteen-, and thirty-two-count formulæ. It is possible to do the six-, twelve-, and twenty-four-count formulæ to well chosen $3/4$ mazurka time. The ten-count formulæ are not adaptable to music.



POLKA-STEP

TEMPO II.

Number		Counts
1	Step L ← together with R in 3rd ↓ step L ← hold This is the L polka-step ←.	4
	1 2 3 4	
2	Step L ↑ together with R in 3rd ↓ step L ↑ hold This is the L polka-step ↑.	4
	1 2 3 4	
3	Step L ↓ together with R in 3rd ↑ step L ↓ hold This is the L polka-step ↓.	4
	1 2 3 4	
The polka-step is described as above for ease in teaching, but when learned and used as a basis for variations, as below, should always be preceded by a hop without an extra count.		
4, 5	Hop R, / L leg ↑ or ↓ L polka-step ← and with $\approx 45^\circ$ L on 1, 2, and return on 3-6.	6
	1, 2 3, 4, 5, 6	
6, 7	Hop R, / L leg ↑ L polka-step ↑ or ↓ 	6
	1, 2 3, 4, 5, 6	
8, 9	Hop R, / L leg ↓ L polka-step ↑ or ↓ 	6
	1, 2 3, 4, 5, 6	
10	Hop R, / L leg ↑ hop R, / L leg ↓ L polka-step ← and with $\approx 45^\circ$ L on 1-4, and return on 5-8.	8
	1, 2 3, 4 5, 6, 7, 8	
11, 12	Hop R, / L leg ↑ hop R, / L leg ↓ L polka-step ↑ or ↓ 	8
	1, 2 3, 4 5, 6, 7, 8	
13	Hop R, / L leg ↓ hop R, / L leg ↑ L polka-step ← and with $\approx 45^\circ$ L on 1-4, and return on 5-8.	8
	1, 2 3, 4 5, 6, 7, 8	

POLKA-STEP

Number			Counts
14, 15	Hop R, / L leg ↓ hop R, / L leg ↑ L polka-step ↑ or ↓	1, 2 3, 4 5, 6, 7, 8	8
	Numbers 10-15 inclusive may be done repeating the variation with same or with change of feet,† and repeating the foundation with change of feet, doubling the number of counts. When the variation is repeated with same foot the steps become *.		
16, 17	Hop R, √ L knee ↑ or ↓ L polka-step ← and with ↗ 45° L on 1, 2, and return on 3-6.	1, 2 3, 4, 5, 6	6
18, 19	Hop R, √ L knee ↑ L polka-step ↑ or ↓ 	1, 2 3, 4, 5, 6	6
20, 21	Hop R, √ L knee ↓ L polka-step ↑ or ↓ 	1, 2 3, 4, 5, 6	6
22, 23	Hop R, √ L knee ↑ or ↓ hop R, — L knee ↑ L polka-step ← and with ↗ 45° L on 1-4, and return on 5-8.	1, 2 3, 4 5, 6, 7, 8	8
24, 25	Hop R, √ L knee ↑ hop R, — L knee ↑ L polka-step ↑ or ↓ 	1, 2 3, 4 5, 6, 7, 8	8
26, 27	Hop R, √ L knee ↓ hop R, — L knee ↑ L polka-step ↑ or ↓ 	1, 2 3, 4 5, 6, 7, 8	8
28, 29	Hop R, √ L knee ↑ or ↓ hop R, — L knee ↓ L polka-step ← and with ↗ 45° L on 1-4, and return on 5-8.	1, 2 3, 4 5, 6, 7, 8	8
30, 31	Hop R, √ L knee ↓ hop R, — L knee ↓ L polka-step ↑ or ↓ 	1, 2 3, 4 5, 6, 7, 8	8
32, 33	Hop R, √ L knee ↑ hop R, — L knee ↓ L polka-step ↑ or ↓ 	1, 2 3, 4 5, 6, 7, 8	8
34, 35	Hop R, / L leg ↑ or ↓ hop R, √ L knee ↑ L polka-step ← and with ↗ 45° L on 1-4, and return on 5-8.	1, 2 3, 4 5, 6, 7, 8	8

† See Key, special note b, page 9.

* See Key, special note c, page 9.

POLKA-STEP

Number						Counts
36, 37	Hop R, / L leg ↑ hop R, √ L knee ↑ L polka-step ↑ or ↓					8
	1, 2	3, 4	5, 6, 7, 8			
38, 39	Hop R, / L leg ↓ hop R, √ L knee ↑ L polka-step ↑ or ↓					8
	1, 2	3, 4	5, 6, 7, 8			
40	Hop R, / L leg ↑ hop R, √ & — L knee ↑ L polka-step ← and with ↗ 45° L on 1-4, and return on 5-8.					8
	1, 2	3, 4	5, 6, 7, 8			
41, 43	Hop R, / L leg ↑ hop R, √ & — L knee ↑ L polka-step ↑ or ↓					8
	1, 2	3, 4	5, 6, 7, 8			
43	Hop R, / L leg ↓ hop R, √ & — L knee ↓ L polka-step ← and with ↗ 45° L on 1-4, and return on 5-8.					8
	1, 2	3, 4	5, 6, 7, 8			
44, 45	Hop R, / L leg ↓ hop R, √ & — L knee ↓ L polka-step ↑ or ↓					8
	1, 2	3, 4	5, 6, 7, 8			
Numbers 22-45 inclusive may be done repeating the variation with same foot or with change of feet,† and repeating the foundation with change of feet, doubling the number of counts. When the variation is repeated with same foot the steps become *.						
46	Hop R, / L leg ↑ hop R, √ & — L knee ↑ cut L, / R leg ↓ hop L, √ & — R knee ↓ R polka-step → L polka-step ←					16
	1, 2	3, 4	5, 6	7, 8	9-12	13-16
47-49	Hop R, / L leg ↑, √ & — R knee L polka-step ←, ↑, or ↓					6
	1, 2	3, 4, 5, 6				
50, 51	Hop R, touch L ↑ or ↓ L polka-step ← and with ↗ 45° L on 1, 2, and return on 3-6.					6
	1, 2	3, 4, 5, 6				
52, 53	Hop R, touch L ↑ L polka-step ↑ or ↓					6
	1, 2	3, 4, 5, 6				
54, 55	Hop R, touch L ↓ L polka-step ↑ or ↓					6
	1, 2	3, 4, 5, 6				

† See Key, special note b, page 9. * See Key, special note c, page 9.

POLKA-STEP

Number		Counts
56, 57	Hop R, touch L ← L polka-step ↑ or ↓	6
	1, 2 3, 4, 5, 6	
58, 59	Hop R, touch L ↑ hop R, touch L ↓ or ← L polka-step ← and with ↗ 45° L on 1-4, and return on 5-8.	8
	1, 2 3, 4 5, 6, 7, 8	
60, 61	Hop R, touch L ↑ hop R, touch L ↓ L polka-step ↑ or ↓	8
	1, 2 3, 4 5, 6, 7, 8	
62, 63	Hop R, touch L ↑ hop R, touch L ← L polka-step ↑ or ↓	8
	1, 2 3, 4 5, 6, 7, 8	
64, 65	Hop R, touch L ↓ hop R, touch L ↑ or ← L polka-step ← and with ↗ 45° L on 1-4, and return on 5-8.	8
	1, 2 3, 4 5, 6, 7, 8	
66, 67	Hop R, touch L ↓ hop R, touch L ↑ L polka-step ↑ or ↓	8
	1, 2 3, 4 5, 6, 7, 8	
68, 69	Hop R, touch L ↓ hop R, touch L ← L polka-step ↑ or ↓	8
	1, 2 3, 4 5, 6, 7, 8	
70, 71	Hop R, touch L ← hop R, touch L ↑ or ↓ L polka-step ← and with ↗ 45° L on 1-4, and return on 5-8.	8
	1, 2 3, 4 5, 6, 7, 8	
72, 73	Hop R, touch L ← hop R, touch L ↑ L polka-step ↑ or ↓	8
	1, 2 3, 4 5, 6, 7, 8	
74, 75	Hop R, touch L ← hop R, touch L ↓ L polka-step ↑ or ↓	8
	1, 2 3, 4 5, 6, 7, 8	
76	Hop R, touch L heel ↑ hop R, touch L toe ↓ L polka-step ← and with ↗ 45° L on 1-4, and return on 5-8.	8
	1, 2 3, 4 5, 6, 7, 8	
77, 78	Hop R, touch L heel ↑ hop R, touch L toe ↓ L polka-step ↑ or ↓	8
	1, 2 3, 4 5, 6, 7, 8	
79, 80	Hop R, touch L heel ← hop R, touch L toe ↑ or ↓ L polka-step ← and with ↗ 45° L on 1-4, and return on 5-8.	8
	1, 2 3, 4 5, 6, 7, 8	

POLKA-STEP

Number			Counts
81, 82	Hop R, touch L heel ← hop R, touch L toe ↑ L polka-step ↑ or ↓ 		8
	1, 2 3, 4 5, 6, 7, 8		
83, 84	Hop R, touch L heel ← hop R, touch L toe ↓ L polka-step ↑ or ↓ 		8
	1, 2 3, 4 5, 6, 7, 8		
85	Hop R, / L leg ↑ hop R, touch L ↑ L polka-step ← and with ↗ 45° L on 1-4, and return on 5-8. 		8
	1, 2 3, 4 5, 6, 7, 8		
86, 87	Hop R, / L leg ↑ hop R, touch L ↑ L polka-step ↑ or ↓ 		8
	1, 2 3, 4 5, 6, 7, 8		
88	Hop R, / L leg ↓ hop R, touch L ↓ L polka-step ← and with ↗ 45° L on 1-4, and return on 5-8. 		8
	1, 2 3, 4 5, 6, 7, 8		
89, 90	Hop R, / L leg ↓ hop R, touch L ↓ L polka-step ↑ or ↓ 		8
	1, 2 3, 4 5, 6, 7, 8		
Numbers 58-90 inclusive may be done repeating the variation with same or with change of feet,† and repeating the foundation with change of feet, doubling the number of counts. When the variation is repeated with same foot the steps become *.			
91, 92	Hop R, √ L knee ↑ or ↓ hop R, — L knee ↑ hop R, touch L ↑ L polka-step ← and with ↗ 45° L on 1-6, and return on 7-10.		10
	1, 2 3, 4 5, 6 7, 8, 9, 10		
93, 94	Hop R, √ L knee ↑ hop R, — L knee ↑ hop R, touch L ↑ L polka-step ↑ or ↓ 		10
	1, 2 3, 4 5, 6 7, 8, 9, 10		
95, 96	Hop R, √ L knee ↓ hop R, — L knee ↑ hop R, touch L ↑ L polka-step ↑ or ↓ 		10
	1, 2 3, 4 5, 6 7, 8, 9, 10		
97	Hop R, √ L knee ↑ hop R, — L knee ↓ hop R, touch L ↓ L polka-step ← and with ↗ 45° L on 1-6, and return on 7-10.		10
	1, 2 3, 4 5, 6 7, 8, 9, 10		

† See Key, special note b, page 9.

* See Key, special note c, page 9.

POLKA-STEP

Number					Counts 10	
98, 99	Hop R, \checkmark L knee \uparrow hop R, — L knee \downarrow hop R, touch L \downarrow L polka-step \uparrow or \downarrow					
	1, 2 3, 4 5, 6 7, 8, 9, 10					
	Numbers 91-99 inclusive may be done repeating both the variation and the foundation with change of feet;† doubling the number of counts.					
100	Hop R, \checkmark L leg, \uparrow , \checkmark & — R knee hop R, touch L \uparrow L polka-step \leftarrow and with $\omega 45^\circ$ L on 1-4, and return on 5-8.				8	
	1, 2 3, 4 5, 6, 7, 8					
101, 102	Hop R, \checkmark L leg \uparrow , \checkmark & — R knee hop R, touch L \uparrow L polka-step \uparrow or \downarrow				8	
	1, 2 3, 4 5, 6, 7, 8					
103	Hop R, touch L 5th, \checkmark & — knees L polka-step \leftarrow and with $\omega 45^\circ$ L on 1, 2, and return on 3-6				6	
	1, 2 3, 4, 5, 6					
104, 105	Hop R, touch L 5th, \checkmark & — knees L polka-step \uparrow or \downarrow				6	
	1, 2 3, 4, 5, 6					
106-108	Hop R, touch L 5th, \checkmark & — knees hop R, touch L \uparrow , \downarrow , or \leftarrow L polka-step \leftarrow and with $\omega 45^\circ$ L on 1-4, and return on 5-8.				8	
	1, 2 3, 4 5, 6, 7, 8					
109, 110	Hop R, touch L 5th, \checkmark & — knees hop R, touch L \uparrow L polka-step \uparrow or \downarrow				8	
	1, 2 3, 4 5, 6, 7, 8					
111, 112	Hop R, touch L 5th, \checkmark & — knees hop R, touch L \downarrow L polka-step \uparrow or \downarrow				8	
	1, 2 3, 4 5, 6, 7, 8					
113, 114	Hop R, touch L 5th, \checkmark & — knees hop R, touch L \leftarrow L polka-step \uparrow or \downarrow				8	
	1, 2 3, 4 5, 6, 7, 8					
	Numbers 106-114 inclusive may be done repeating the variation with same foot or with change of feet;† and repeating the foundation with change of feet, doubling the number of counts. When the variation is repeated with same foot the steps become *.					
115, 116	Hop R, touch L 5th, \checkmark & — knees hop R, touch L \uparrow hop R, touch L \downarrow or \leftarrow L polka-step \leftarrow and with $\omega 45^\circ$ L on 1-6, and return on 7-10.				10	
	1, 2 3, 4 5, 6 7, 8, 9, 10					

† See Key, special note b, page 9.

* See Key, special note c, page 9.

POLKA-STEP

Number						Counts
117, 118	Hop R, touch L 5th, ✓ & — knees hop R, touch L ↑ hop R, touch L ↓ L polka-step ↑ or ↓					10
	1, 2	3, 4	5, 6	7, 8, 9, 10		
119, 120	Hop R, touch L 5th, ✓ & — knees hop R, touch L ↑ hop R, touch L ← L polka-step ↑ or ↓					10
	1, 2	3, 4	5, 6	7, 8, 9, 10		
121, 122	Hop R, touch L 5th, ✓ & — knees hop R, touch L ↓ hop R, touch L ↑ or ← L polka-step ← and with ↗ 45° L on 1-6,					10
	1, 2	3, 4	5, 6	7, 8, 9, 10		
	and return on 7-10.					
123, 124	Hop R, touch L 5th, ✓ & — knees hop R, touch L ↓ hop R, touch L ↑ L polka-step ↑ or ↓					10
	1, 2	3, 4	5, 6	7, 8, 9, 10		
125, 126	Hop R, touch L 5th, ✓ & — knees hop R, touch L ↓ hop R, touch L ← L polka-step ↑ or ↓					10
	1, 2	3, 4	5, 6	7, 8, 9, 10		
127, 128	Hop R, touch L 5th, ✓ & — knees hop R, touch L ← hop R, touch L ↑ or ↓ L polka-step ← and with ↗ 45° L on 1-6,					10
	1, 2	3, 4	5, 6	7, 8, 9, 10		
	and return on 7-10.					
129, 130	Hop R, touch L 5th, ✓ & — knees hop R, touch L ← hop R, touch L ↑ L polka-step ↑ or ↓					10
	1, 2	3, 4	5, 6	7, 8, 9, 10		
131, 132	Hop R, touch L 5th, ✓ & — knees hop R, touch L ← hop R, touch L ↓ L polka-step ↑ or ↓					10
	1, 2	3, 4	5, 6	7, 8, 9, 10		
	Numbers 115-132 inclusive may be done repeating both the variation and the foundation with change of feet,† doubling the number of counts.					
*133, 135	Step L ← touch R 5th, ✓ & — knees step R → touch L 5th, ✓ & — knees L polka-step ← ↑, or ↓					
	1, 2	3, 4	5, 6	7, 8	9, 10, 11, 12	
	R polka-step in corresponding direction →, ↑, or ↓ and with ↗ 45° R on 1-4, and return and ↗ 45° L on 5-8, and return					16
	13, 14, 15, 16					
	on 9-12.					
*136-138	Step L ← touch R ↑ step R → touch L ↑ L polka-step ← ↑, or ↓ R polka-step in corresponding direction →, ↑, or ↓					16
	1, 2	3, 4	5, 6	7, 8	9, 10, 11, 12	13, 14, 15, 16
	† See Key, special note b, page 9. * See Key, special note c, page 9.					

POLKA-STEP

Number			Counts
139	Hop R, touch L 6th, \checkmark knees hop R, — L leg \nwarrow L polka-step \leftarrow and with \curvearrowright 45° L on 1-4, and return on 5-8.	1, 2 3, 4 5, 6, 7, 8	8
140, 141	Hop R, touch L 6th, \checkmark knees hop R, — L leg \nwarrow L polka-step \uparrow or \downarrow 	1, 2 3, 4 5, 6, 7, 8	8
142	Hop R, $/$ L leg \nwarrow hop R, touch L 6th L polka-step \leftarrow and with \curvearrowright 45° L on 1-4, and return on 5-8.	1, 2 3, 4 5, 6, 7, 8	8
143, 144	Hop R, $/$ L leg \nwarrow hop R, touch L 6th L polka-step \uparrow or \downarrow 	1, 2 3, 4 5, 6, 7, 8	8
Numbers 139-144 inclusive may be done repeating the variation with same or with change of feet,† and repeating the foundation with change of feet, doubling the number of counts. When the variation is repeated with same foot the steps become *.			
145	Hop R, \checkmark L 6th $/^d$ L polka-step \leftarrow and with \curvearrowright 45° L on 1, 2, and return on 3-6.	1, 2 3, 4, 5, 6	6
146, 147	Hop R, \checkmark L 6th $/^d$ L polka-step \uparrow or \downarrow 	1, 2 3, 4, 5, 6	6
148	Hop R, \checkmark L 5th, $/^d$ L polka-step \leftarrow and with \curvearrowright 45° L on 1, 2, and return on 3-6.	1, 2 3, 4, 5, 6	6
149, 150	Hop R, \checkmark L 5th $/^d$ L polka-step \uparrow or \downarrow 	1, 2 3, 4, 5, 6	6
151-153	Hop R, \checkmark L 6th $/^d$ hop R, \checkmark L 5th $/^d$ L polka-step \leftarrow , \uparrow , or \downarrow and with \curvearrowright 180° L on 1-4.	1, 2 3, 4 5, 6, 7, 8	8
154-156	Hop R, \checkmark L 5th $/^d$ hop R, \checkmark L 6th $/^d$ L polka-step \leftarrow , \uparrow , or \downarrow and with \curvearrowright 180° L on 1-4.	1, 2 3, 4 5, 6, 7, 8	8
Numbers 151-156 inclusive may be done repeating the variation with same or with change of feet,† and repeating the foundation with change of feet, doubling the number of counts. If same foot is used \curvearrowright again 180° on the repetition of 1-4. The steps then become *. If change of feet is used omit \curvearrowright altogether.			

† See Key, special note b, page 9.

* See Key, special note c, page 9.

POLKA-STEP

Number		Counts
157-159	Leap L \leftarrow leap R \rightarrow L polka-step \leftrightarrow , \uparrow , or \downarrow 	8
	I, 2 3, 4 5, 6, 7, 8	
160	Hop R, slide L \leftarrow cut R, slide L \leftarrow L polka-step \leftarrow 	8
	I, 2 3, 4 5, 6, 7, 8	
161	Hop R, slide L \uparrow cut R, slide L \uparrow L polka-step \uparrow 	8
	I, 2 3, 4 5, 6, 7, 8	
162	Hop R, slide L \downarrow cut R, slide L \downarrow L polka-step \downarrow 	8
	I, 2 3, 4 5, 6, 7, 8	
163, 164	L polka-step \leftarrow \curvearrowright 90° L or R R polka-step \rightarrow \curvearrowright again 90° L or R repeat 1-4 repeat 5-8 completing L or R \square	16
	I, 2, 3, 4 5, 6, 7, 8 9-12 13-16	
	in 16 counts.	
165, 166	Hop R, / L leg \uparrow L polka-step \leftarrow hop L, / R leg \uparrow R polka-step \rightarrow repeat 1-6 repeat 7-12 \curvearrowright 90° L or R on 3-6, on 9-12, on 15-18, and on 21-24, completing L or R \square in 24 counts.	24
	I, 2 3, 4, 5, 6 7, 8 9-12 13-18 19-24	
167, 168	Hop R, / L leg \uparrow hop R, \vee & — L knee \uparrow cut L, / R leg \downarrow hop L, \vee & — R knee \downarrow R polka-step \rightarrow \curvearrowright 90° L or R L polka-step \leftarrow \curvearrowright again 90° L or R hop L, / R leg \uparrow hop L, \vee & — R knee \uparrow cut R, / L leg \downarrow hop R, \vee & — L knee \downarrow L polka-step \leftarrow \curvearrowright 90° L or R R polka-step \rightarrow \curvearrowright again 90° L or R	32
	I, 2 3, 4 5, 6 7, 8 9, 10, 11, 12 13, 14, 15, 16 17, 18 19, 20 21, 22 23, 24 25-28 29-32	

POLKA-STEP

Number		Counts
	In the following figures, numbers 169, 170, 176, and 177 necessitate progression ↔ in a straight line. Numbers 171-175 inclusive progress ↑ in a straight line.	
169	L polka-step ← ↘ 180° L R polka-step → ↗ 180° R 	8
	1, 2, 3, 4, 5, 6, 7, 8	
170	L polka-step ← ↘ 180° R R polka-step → ↗ 180° L 	8
	1, 2, 3, 4, 5, 6, 7, 8	
171	L polka-step ↑ R polka-step ↑ ↘ 180° L L polka-step ↓ R polka-step ↓ ↗ 180° R 	16
	1, 2, 3, 4, 5, 6, 7, 8 9-12 13-16	
172	L polka-step ↑ R polka-step ↑ ↘ 180° R L polka-step ↓ R polka-step ↓ ↗ 180° L 	16
	1, 2, 3, 4, 5, 6, 7, 8 9-12 13-16	
173	L polka-step ↑ R polka-step ↑ L polka-step ↑ ↘ 180° R R polka-step ↓ ↗ again 180° R 	16
	1, 2, 3, 4, 5, 6, 7, 8 9-12 13-16	
174	L polka-step ↓ R polka-step ↓ L polka-step ↓ ↘ 180° L R polka-step ↑ ↗ again 180° L 	16
	1, 2, 3, 4, 5, 6, 7, 8 9-12 13-16	
175	Hop R, / L leg ↑ hop R, √ & — L knee ↑ cut L ↘ 180° R, / L leg ↑ hop L, √ & — R knee ↑ R polka-step ↑	
	1, 2 3, 4 5, 6 7, 8 9-12	
	L polka-step ↑ hop L, / R leg ↑ hop L, √ & — R knee ↑ cut R ↘ 180° L, / L leg ↑ hop R, √ & — L knee ↑	
	13-16 17, 18 19, 20 21, 22 23, 24	
	L polka-step ↓ R polka-step ↓ 	32
	25-28 29-32	
176	Step L ← touch R 5th, √ & — knees step R → touch L 5th, √ & — knees L polka-step ← ↘ 180° R	
	1, 2 3, 4 5, 6 7, 8 9-12	
	R polka-step → ↗ again 180° R 	16
	13-16	
177	Step L ← touch R 5th, √ & — knees ↘ 180° R step R → touch L 5th, √ & — knees ↗ 180° L L polka-step ←	
	1, 2 3, 4 5, 6 7, 8 9-12	
	R polka-step → 	16
	13-16	

THE TWO-STEP

REMARKS

The Two-Step is one of the most easily learned and well liked steps, but its rhythm is so insistent that careless pupils are likely to adapt other steps to the same time. It should not be taught too soon, therefore, nor used too much.

Note that Tempo I. is the time in which all Two-Steps are done, but to make them clearer for teaching, the foundation steps, numbers 1 and 2, are described in Tempo II.

Well accented 6/8 time is excellent music for those Two-Step exercises that require two, four, eight, or sixteen counts. It is possible to do the three-count formulæ to well chosen 3/4 mazurka time. The five-count formulæ are not adaptable to music.



TWO-STEP

TEMPO I.

Number	Counts
1	6
2	6
3	4
4, 5	4
6, 7	3
8, 9	4

These forms are shown as a teaching analysis, but are cumbersome as a basis for variations.

Slide L ↑ | hold | cut R | slide L ↑ | hold | hold } TEMPO II.
 (See Remarks, page 45.)

Slide L | hold | cut R | slide L | hold | hold } TEMPO I.
 (See Remarks, page 45.)

Let counts 1, 2, and 3, therefore, constitute the 1st count, and counts 4, 5, and 6 the 2nd count. The steps are then called the L two-step ↑, and the L two-step ↓.

3 Hop R, / L leg ↑ | hop R, / L leg ↓ | L two-step ↑
 1 2 3, 4

4, 5 Hop R, / L leg ↓ | hop R, / L leg ↑ | L two-step ↑ or ↓
 1 2 3, 4

Numbers 3-5 inclusive may be done repeating both the variation and the foundation with change of feet,† doubling the number of counts.

6, 7 Hop R, √ L knee ↑ | L two-step ↑ or ↓
 1 2, 3

8, 9 Hop R, √ L knee ↑ | hop R, — L knee ↑ | L two-step ↑ or ↓
 1 2 3, 4

[†] See Key, special note *b*, page 9.

TWO-STEP

Number		Counts
10	Hop R, ✓ L knee ↑ hop R, — L knee ↓ L two-step ↑ 	4
	1 2 3, 4	
11, 12	Hop R, / L leg ↑ hop R, ✓ L knee ↑ L two-step ↑ or ↓ 	4
	1 2 3, 4	
13, 14	Hop R, / L leg ↓ hop R, ✓ L knee ↑ L two-step ↑ or ↓ 	4
	1 2 3, 4	
15, 16	Hop R, / L leg ↑ hop R, ✓ & — L knee ↑ L two-step ↑ or ↓ 	4
	1 2 3, 4	
17	Hop R, / L leg ↓ hop R, ✓ & — L knee ↓ L two-step ↑ 	4
	1 2 3, 4	
Numbers 8-17 inclusive may be done repeating both the variation and the foundation with change of feet, † doubling the number of counts.		
18	Hop R, / L leg ↑ hop R, ✓ & — L knee ↑ cut L, / R leg ↓ hop L, ✓ & — R knee ↓ R two-step ↑ L two-step ↑ 	8
	1 2 3 4 5, 6 7, 8	
19, 20	/ L leg ↑, ✓ & — R knee L two-step ↑ or ↓ 	3
	1 2, 3	
21, 22	/ L leg ↓, ✓ & — R knee L two-step ↑ or ↓ 	3
	1 2, 3	
23, 24	/ L leg ←, ✓ & — R knee L two-step ↑ or ↓ 	3
	1 2, 3	
25, 26	/ L leg ↑ ✓ & — R knee L two-step ↑ or ↓ § 	4
	1 2 3, 4	
27, 28	/ L leg ↓ ✓ & — R knee L two-step ↑ or ↓ § 	4
	1 2 3, 4	

† See Key, special note b, page 9.

§ See Key, special note a, page 9.

TWO-STEP

Number		Counts
29, 30	/ L leg ← √ & — R knee L two-step ↑ or ↓ § 1 2 3, 4	4
31, 32	/ L leg ↑, √ R knee — R knee L two-step ↑ or ↓ § 1 2 3, 4	4
33, 34	/ L leg ↓, √ R knee — R knee L two-step ↑ or ↓ § 1 2 3, 4	4
35, 36	/ L leg ←, √ R knee — R knee L two-step ↑ or ↓ § 1 2 3, 4	4
37, 38	Hop R, touch L ↑ hop R, touch L ↓ L two-step ↑ or ↓ 1 2 3, 4	4
39, 40	Hop R, touch L ↓ hop R, touch L ↑ L two-step ↑ or ↓ 1 2 3, 4	4
41, 42	Hop R, touch L ← hop R, touch L ↑ L two-step ↑ or ↓ 1 2 3, 4	4
43, 44	Hop R, touch L ↑ hop R, touch L ← L two-step ↑ or ↓ 1 2 3, 4	4
45, 46	Hop R, touch L ← hop R, touch L ↓ L two-step ↑ or ↓ 1 2 3, 4	4
47, 48	Hop R, touch L ↓ hop R, touch L ← L two-step ↑ or ↓ 1 2 3, 4	4
49, 50	Hop R, touch L heel ↑ hop R, touch L toe ↓ L two-step ↑ or ↓ 1 2 3, 4	4
51, 52	Hop R, touch L heel ← hop R, touch L toe ↑ L two-step ↑ or ↓ 1 2 3, 4	4

§ See Key, special note a, page 9.

TWO-STEP

Number		Counts
53, 54	Hop R, touch L heel ← hop R, touch L toe ↓ L two-step ↑ or ↓	4
	1 2 3, 4	
55, 56	/ L leg ↑ touch L ↑ L two-step ↑ or ↓	4
	1 2 3, 4	
57, 58	/ L leg ↓ touch L ↓ L two-step ↑ or ↓	4
	1 2 3, 4	
59, 60	Hop R, √ L knee ↑ hop R, — L knee ↑ hop R, touch L ↑ L two-step ↑ or ↓	5
	1 2 3 4, 5	
61, 62	Hop R, √ L knee ↑ hop R, — L knee ↓ hop R, touch L ↓ L two-step ↑ or ↓	5
	1 2 3 4, 5	
63, 64	Hop R, √ L knee ↓ hop R, — L knee ↑ hop R, touch L ↑ L two-step ↑ or ↓	5
	1 2 3 4, 5	
Numbers 37-64 inclusive may be done repeating both the variation and the foundation with change of feet;† doubling the number of counts.		
65, 66	/ L leg ↑, √ & — R knee touch L ↑ L two-step ↑ or ↓	4
	1 2 3, 4	
67, 68	/ L leg ↑ √ & — R knee touch L ↑ L two-step ↑ or ↓ §	5
	1 2 3 4, 5	
69, 70	/ L leg ↑, √ R knee — R knee touch L ↑ L two-step ↑ or ↓ §	5
	1 2 3 4, 5	
71, 72	Touch L 5th, √ knees L two-step ↑ or ↓	3
	1 2, 3	
73, 74	Touch L 5th, √ & — knees touch L ↑ L two-step ↑ or ↓	4
	1 2 3, 4	

† See Key, special note b, page 9.

§ See Key, special note a, page 9.

TWO-STEP

Number					Counts
75, 76	Touch L 5th, ✓ & — knees touch L ↓ L two-step ↑ or ↓				4
	1 2 3, 4				
77, 78	Touch L 5th, ✓ & — knees touch L ← L two-step ↑ or ↓				4
	1 2 3, 4				
79, 80	Touch L 5th, ✓ & — knees touch L ↑ touch L ↓ L two-step ↑ or ↓				5
	1 2 3 4, 5				
81, 82	Touch L 5th, ✓ & — knees touch L ↓ touch L ↑ L two-step ↑ or ↓				5
	1 2 3 4, 5				
83, 84	Touch L 5th, ✓ & — knees touch L ← touch L ↑ L two-step ↑ or ↓				5
	1 2 3 4, 5				
85, 86	Touch L 5th, ✓ & — knees touch L ↑ touch L ← L two-step ↑ or ↓				5
	1 2 3 4, 5				
87, 88	Touch L 5th, ✓ & — knees touch L ↓ touch L ← L two-step ↑ or ↓				5
	1 2 3 4, 5				
89, 90	Touch L 5th, ✓ & — knees touch L ← touch L ↓ L two-step ↑ or ↓				5
	1 2 3 4, 5				
*91, 92	Step L ← touch R 5th, ✓ & — knees step R → touch L 5th, ✓ & — knees L two-step ↑ or ↓				
	1 2 3 4 5, 6				
	R two-step in same direction ↑ or ↓ and with ↗ 45° R on 1, 2, and return and ↗ 45° L on 3, 4.				8
	7, 8				
*93, 94	Step L ← touch R ↑ step R → touch L ↑ L two-step ↑ or ↓ R two-step in same direction ↑ or ↓				8
	1 2 3 4 5, 6 7, 8				
95, 96	Touch L 6th, ✓ knees —L leg ↗, — R knee L two-step ↑ or ↓				4
	1 2 3, 4				
97, 98	/ L leg ↗ touch L 6th, ✓ knees L two-step ↑ or ↓				4
	1 2 3, 4				

* See Key, special note c, page 9.

TWO-STEP

Number		Counts
99, 100	Hop R, \checkmark L 6th /d L two-step ↑ or ↓ 	3
	1 2, 3	
101, 102	Hop R, \checkmark L 5th /d L two-step ↑ or ↓ 	3
	1 2, 3	
103, 104	Hop R, \checkmark L 6th /d hop R, \checkmark L 5th /d L two-step ↑ or ↓ and with as 180° L on 1, 2.	4
	1 2 3, 4	
105, 106	Hop R, \checkmark L 5th /d hop R, \checkmark L 6th /d L two-step ↑ or ↓ and with as 180° L on 1, 2.	4
	1 2 3, 4	
	Numbers 103-106 inclusive may be done repeating the variation with same or with change of feet;† and repeating the foundation with change of feet, doubling the number of counts. If same foot is used as again 180° L on the repetition of 1, 2. The steps then become *. If change of feet is used, omit as altogether.	
107, 108	Leap L ← leap R → L two-step ↑ or ↓ 	4
	1 2 3, 4	
	In all [8] it is necessary to do the two-step ↔, instead of ↑ or ↓.	
109, 110	L two-step ↔ as 90° L or R R two-step →, as again 90° L or R repeat 1, 2 repeat 3, 4 completing L or R □ in 8 counts.	8
	1, 2 3, 4 5, 6 7, 8	
111, 112	Hop R, / L leg ↑ hop R, / L leg ↓ L two-step ← hop L, / R leg ↑ hop L, / R leg ↓ R two-step → repeat 1-4 	16
	1 2 3, 4 5 6 7, 8 9-12	
	repeat 5-8 as 90° L or R on 3, 4, on 7, 8, on 11, 12, and on 15, 16, completing L or R □ in 16 counts.	
	13-16	
	Numbers 4, 8, 10, 11, 13, 15, 17, 37, 39, 43, 45, 47, 49, 51, 53, 55, 65, 73, 75, 77, 95, 97, 103, 105, and 107 may be done on L or R □ with as 90° L or R on the ↔ two-step, which should be substituted for ↑, as in numbers 111, 112, in each case completing L or R □ in 16 counts. Numbers 6, 19, 71, 99, and 101 may be done on L or R □ with as 90° L or R on the ↔ two-step, which should be substituted for ↑, in each case completing L or R □ in 12 counts.	
	† See Key, special note b, page 9. * See Key, special note c, page 9.	

TWO-STEP

Number							Counts
113, 114	Hop R, / L leg ↑ hop R, √ & — L knee ↑ cut L, / R leg ↓ hop L, √ & — R knee ↓ R two-step → ↗ 90° L or R	1	2	3	4	5, 6	
	L two-step ← ↗ again 90° L or R hop L, / R leg ↑ hop L, √ & — R knee ↑ cut R, / L leg ↓ hop R, √ & — L knee ↓	7, 8	9	10	11	12	
	L two-step ← ↗ 90° L or R R two-step → ↗ again 90° L or R 	13, 14	15, 16				16

In the following figures, numbers 115, 116, and 117 necessitate progression ↔ in a straight line. Numbers 117-122 inclusive progress ↑ in a straight line.

115	L two-step ← ↗ 180° L R two-step → ↗ 180° R 	1, 2	3, 4				4
116	L two-step ← ↗ 180° R R two-step → ↗ 180° L 	1, 2	3, 4				4
117	L two-step ↑ R two-step ↑ ↗ 180° L L two-step ↓ R two-step ↓ ↗ 180° R 	1, 2	3, 4	5, 6	7, 8		8
118	L two-step ↑ R two-step ↑ ↗ 180° R L two-step ↓ R two-step ↓ ↗ 180° L 	1, 2	3, 4	5, 6	7, 8		8
119	L two-step ↑ R two-step ↑ L two-step ↑ ↗ 180° R R two-step ↓ ↗ again 180° R 	1, 2	3, 4	5, 6	7, 8		8
120	L two-step ↓ R two-step ↓ L two-step ↓ ↗ 180° L R two-step ↑ ↗ again 180° L 	1, 2	3, 4	5, 6	7, 8		8

TWO-STEP

Number		Counts
121	Hop R, / L leg ↑ hop R, √ & — L knee ↑ cut L ↗ 180° R, / R leg ↑ hop L, √ & — R knee ↑ R two-step ↑ 1 2 3 4 5, 6 L two-step ↑ hop L, / R leg ↓ hop L, √ & — R knee ↑ cut R ↗ 180° L, / L leg ↑ hop R, √ & — L knee ↑ 7, 8 9 10 11 12 L two-step ↓ R two-step ↓ 13, 14 15, 16	16
122	Step L ← touch R 5th, √ & — knees ↗ 90° R step R → touch L 5th, √ & — knees ↗ again 90° R L two-step ↑ 1 2 3 4 5, 6 R two-step ↑ repeat 1-4 L two-step ↓ R two-step ↓ 7, 8 9-12 13, 14 15, 16	16
123	Step L ← touch R 5th, √ & — knees step R → touch L 5th √ & — knees L two-step ← ↗ 180° R 1 2 3 4 5, 6 R two-step → ↗ again 180° R 7, 8	8

THE SKIP-STEP

REMARKS

As the Skip-Step is essentially an active step, it involves more exercise than the preceding groups, and, in consequence, has a greater hygienic value. Almost every child has "skipped" in his early years, and welcomes this exercise as play. Older pupils sometimes find more difficulty in learning the formula, but the spontaneity that the movement requires is itself a valuable quality to cultivate. The *hop* in the foundation has no separate count from the *step*, but must, nevertheless, precede it like a grace note in music, as upon this execution depends the skip itself.

The accurate time for Skip-Steps is somewhat faster than Tempo I. usually indicates.

The Skip-Step lends itself delightfully to spirited music in 6/8 time.

SKIP-STEP

TEMPO II.

(See Remarks, page 55.)

Number					Counts
*1	Hop R, step L ↑ hop L, step R ↑ hop R, step L ↑ hop L, step R ↑	1	2	3	4
					This is the L skip-step ↑
*2	Hop R, step L ↓ hop L, step R ↓ hop R, step L ↓ hop L, step R ↓	1	2	3	4
					This is the L skip-step ↓
*3	Hop R, step L ← hop L, step R ← X in front of L hop R, step L ← hop L, step R ← X in front of L	1	2	3	4
					This is the front L side-skip-step.
*4	Hop R, step L ← hop L, step R ← X in back of L hop R, step L ← hop L, step R ← X in back of L	1	2	3	4
					This is the rear L side-skip-step.
*5	Hop R, step L ← hop L, step R ← X in front of L hop R, step L ← hop L, step R ← X in back of L	1	2	3	4
					This is the front-and-rear L side-skip-step.
6-10	Hop R, / L leg ↑ hop R, / L leg ↓ cut L, / R leg ↑ hop L, / R leg ↓	1	2	3	4
					R skip-step ↑ or ↓, or front, or rear, or front-and-rear, R side-skip-step
					5, 6, 7, 8
11-15	Hop R, / L leg ↓ hop R, / L leg ↑ cut L, / R leg ↓ hop L, / R leg ↑	1	2	3	4
					R skip-step ↑ or ↓, or front, or rear, or front-and-rear, R side-skip-step
					5, 6, 7, 8

* See Key, special note c, page 9.

SKIP-STEP

Number						Counts
16, 17	Hop R, \checkmark L knee \uparrow hop R, — L knee \uparrow cut L, \checkmark R knee \uparrow hop L, — R knee \uparrow R skip-step \uparrow or \downarrow and with $\approx 45^\circ$					8
	1 2 3 4 5, 6, 7, 8					
	L on 1, 2, and return and $\approx 45^\circ$ R on 3, 4.					
18-20	Hop R, \checkmark L knee \uparrow hop R, — L knee \uparrow cut L, \checkmark R knee \uparrow hop L, — R knee \uparrow					8
	1 2 3 4					
	front, or rear, or front-and-rear, R side-skip-step 					
	5, 6, 7, 8					
21, 22	Hop R, $/$ L leg \uparrow hop R, \checkmark L knee \uparrow cut L, $/$ R leg \uparrow hop L, \checkmark R knee \uparrow R skip-step \uparrow or \downarrow and with $\approx 45^\circ$ L					8
	1 2 3 4 5, 6, 7, 8					
	L on 1, 2, and return and $\approx 45^\circ$ R on 3, 4.					
23-25	Hop R, $/$ L leg \uparrow hop R, \checkmark L knee \uparrow cut L, $/$ R leg \uparrow hop L, \checkmark R knee \uparrow					8
	1 2 3 4					
	front, or rear, or front-and-rear, R side-skip-step 					
	5, 6, 7, 8					
26-30	Hop R, \checkmark L knee \uparrow hop R, — L knee \downarrow cut L, \checkmark R knee \uparrow hop L, — R knee \downarrow					8
	1 2 3 4					
	R skip-step \uparrow or \downarrow , or front, or rear, or front-and-rear, R side-skip-step 					
	5, 6, 7, 8					
31, 32	Hop R, \checkmark L knee \downarrow hop R, — L knee \uparrow cut L, \checkmark R knee \downarrow hop L, — R knee \uparrow R skip-step \uparrow or \downarrow and with $\approx 45^\circ$					8
	1 2 3 4 5, 6, 7, 8					
	L on 1, 2, and return and $\approx 45^\circ$ R on 3, 4.					
33-35	Hop R, \checkmark L knee \downarrow hop R, — L knee \uparrow cut L, \checkmark R knee \downarrow hop L, — R knee \uparrow					8
	1 2 3 4					
	front, or rear, or front-and-rear, R side-skip-step 					
	5, 6, 7, 8					
36, 37	Hop R, $/$ L leg \downarrow hop R, \checkmark L knee \uparrow cut L, $/$ R leg \downarrow hop L, \checkmark R knee \uparrow R skip-step \uparrow or \downarrow and with $\approx 45^\circ$					8
	1 2 3 4 5, 6, 7, 8					
	L on 1, 2, and return and $\approx 45^\circ$ R on 3, 4.					

SKIP-STEP

Number					Counts
38-40	Hop R, / L leg ↓ hop R, √ L knee ↑ cut L, / R leg ↓ hop L, √ R knee ↑	1	2	3	4
	front, or rear, or front-and-rear, R side-skip-step 				8
	5, 6, 7, 8				
41, 42	Hop R, / L leg ↑ hop R, √ & — L knee ↑ cut L, / R leg ↑ hop L, √ & — R knee ↑ R skip-step ↑ or ↓ and with	1	2	3	8
	at 45° L on 1, 2, and return and at 45° R on 3, 4.				
	5, 6, 7, 8				
43-45	Hop R, / L leg ↑ hop R, √ & — L knee ↑ cut L, / R leg ↑ hop L, √ & — R knee ↑	1	2	3	4
	front, or rear, or front-and-rear, R side-skip-step 				8
	5, 6, 7, 8				
46-50	Hop R, / L leg ↓ hop R, √ & — L knee ↓ cut L, / R leg ↓ hop L, √ & — R knee ↓	1	2	3	4
	R skip-step ↑ or ↓, or front, or rear, or front-and-rear, R side-skip-step 				8
	5, 6, 7, 8				
51-55	Hop R, / L leg ↑ hop R, √ & — L knee ↑ cut L, / R leg ↓ hop L, √ & — R knee ↓	1	2	3	4
	R skip-step ↑ or ↓, or front, or rear, or front-and-rear, R side-skip-step 				8
	5, 6, 7, 8				
56, 57	Hop R, touch L ↑ hop R, touch L ↓ cut L, touch R ↑ hop L, touch R ↓ R skip-step ↑ or ↓ and with at 45° L on	1	2	3	4
	i, 2, and return and at 45° R on 3, 4.				5, 6, 7, 8
	5, 6, 7, 8				
58-60	Hop R, touch L ↑ hop R, touch L ↓ cut L, touch R ↑ hop L, touch R ↓ front, or rear, or front-and-rear, R side-skip-step	1	2	3	4
					5, 6, 7, 8
61, 62	Hop R, touch L ↓ hop R, touch L ↑ cut L, touch R ↓ hop L, touch R ↑ R skip-step ↑ or ↓ and with at 45° L on	1	2	3	4
	i, 2, and return and at 45° R on 3, 4.				5, 6, 7, 8

SKIP-STEP

Number						Counts
63-65	Hop R, touch L ↓ hop R, touch L ↑ cut L, touch R ↓ hop L, touch R ↑ front, or rear, or front-and-rear, R side-skip-step	1	2	3	4	5, 6, 7, 8
66, 67	Hop R, touch L ← hop R, touch L ↑ cut L, touch R → hop L, touch R ↑ R skip-step ↑ or ↓ and with ↗ 45° L on 1, 2, and return and ↗ 45° R on 3, 4.	1	2	3	4	5, 6, 7, 8
68-70	Hop R, touch L ← hop R, touch L ↑ cut L, touch R → hop L, touch R ↑ front, or rear, or front-and-rear, R side-skip-step	1	2	3	4	5, 6, 7, 8
71, 72	Hop R, touch L ← hop R, touch L ↓ cut L, touch R → hop L, touch R ↓ R skip-step ↑ or ↓ and with ↗ 45° L on 1, 2, and return and ↗ 45° R on 3, 4.	1	2	3	4	5, 6, 7, 8
73-75	Hop R, touch L ← hop R, touch L ↓ cut L, touch R → hop L, touch R ↓ front, or rear, or front-and-rear, R side-skip-step	1	2	3	4	5, 6, 7, 8
76, 77	Hop R, touch L heel ↑ hop R, touch L toe ↓ cut L, touch R heel ↑ hop L, touch R toe ↓ R skip-step ↑ or ↓ and with ↗ 45° L on 1, 2, and return and ↗ 45° R on 3, 4.	1	2	3	4	5, 6, 7, 8
78-80	Hop R, touch L heel ↑ hop R, touch L toe ↓ cut L, touch R heel ↑ hop L, touch R toe ↓ front, or rear, or front-and-rear, R side-skip-step 	1	2	3	4	5, 6, 7, 8
81, 82	Hop R, touch L heel ← hop R, touch L toe ↑ Cut L, touch R heel → hop L, touch R toe ↑ R skip-step ↑ or ↓ and with ↗ 45° L on 1, 2, and return and ↗ 45° R on 3, 4.	1	2	3	4	5, 6, 7, 8
83-85	Hop R, touch L heel ← hop R, touch L toe ↑ cut L, touch R heel → hop L, touch R toe ↑ front, or rear, or front-and-rear, R side-skip-step 	1	2	3	4	5, 6, 7, 8

SKIP-STEP

Number						Counts
86, 87	Hop R, touch L heel ← hop R, touch L toe ↓ cut L, touch R heel → hop L, touch R toe ↓ R skip-step ↑ or ↓ and with 1 2 3 4 5, 6, 7, 8 <u> 45° L on 1, 2, and return and 45° R on 3, 4.</u>					8
88-90	Hop R, touch L heel ← hop R, touch L toe ↓ cut L, touch R heel → hop L, touch R toe ↓ 1 2 3 4 front, or rear, or front-and-rear, R side-skip-step 5, 6, 7, 8					8
91, 92	Hop R, touch L 5th, √ knees hop R, touch L ↑ cut L, touch R 5th, √ knees hop L, touch R ↑ R skip-step ↑ or ↓ and 1 2 3 4 5, 6, 7, 8 with 45° L on 1, 2, and return and 45° R on 3, 4.					8
93-95	Hop R, touch L 5th, √ knees hop R, touch L ↑ cut L, touch R 5th, √ knees hop L, touch R ↑ 1 2 3 4 front, or rear, or front-and-rear, R side-skip-step 5, 6, 7, 8					8
*96, 97	Step L ← touch R 5th, √ & — knees step R → touch L 5th, √ & — knees L skip-step ↑ or ↓ and with 45° R on 1 2 3 4 5, 6, 7, 8 1, 2, and return and 45° L on 3, 4.					8
*98-100	Step L ← touch R 5th, √ & — knees step R → touch L 5th, √ & — knees 1 2 3 4 front, or rear, or front-and-rear, L side-skip-step 5, 6, 7, 8					8
*101, 102	Step L ← touch R ↑ step R → touch L ↑ L skip-step ↑ or ↓ and with 45° R on 1, 2, and return and 45° L on 3, 4. 1 2 3 4 5, 6, 7, 8					8
*103-105	Step L ← touch R ↑ step R → touch L ↑ front, or rear, or front-and-rear, L side-skip-step 1 2 3 4 5, 6, 7, 8					8

* See Key, special note c, page 9.

SKIP-STEP

Number						Counts 8
106, 107	Hop R, touch L 6th, \checkmark knees hop R, — L leg ↗ cut L, touch R 6th, \checkmark knees hop L, — R leg ↗ R skip-step ↑ or ↓	1	2	3	4	5, 6, 7, 8
	and with \swarrow 45° L on 1, 2, and return and \searrow 45° R on 3, 4.					
108-110	Hop R, touch L 6th, \checkmark knees hop R, — L leg ↗ cut L, touch R 6th, \checkmark knees hop L, — R leg ↗	1	2	3	4	8
	front, or rear, or front-and-rear, R side-skip-step 					
	5, 6, 7, 8					
111, 112	Hop R, / L leg ↗ hop R, touch L 6th cut L, / R leg ↗ hop L, touch R 6th R skip-step ↑ or ↓ and with \swarrow 45°	1	2	3	4	8
	L on 1, 2, and return and \searrow 45° R on 3, 4.					
113-115	Hop R, / L leg ↗ hop R, touch L 6th cut L, / R leg ↗ hop L, touch R 6th	1	2	3	4	8
	front, or rear, or front-and-rear, R side-skip-step 					
	5, 6, 7, 8					
116-120	Hop R, \checkmark L 6th / ^d Hop R, \checkmark L 5th / ^d cut L, \checkmark R 6th / ^d hop L, \checkmark R 5th / ^d	1	2	3	4	
	R skip-step ↑ or ↓, or front, or rear, or front-and-rear, R side-skip-step 					8
	5, 6, 7, 8					
121-125	Hop R, \checkmark L 5th / ^d hop R, \checkmark L 6th / ^d cut L, \checkmark R 5th / ^d hop L, \checkmark R 6th / ^d	1	2	3	4	8
	R skip-step ↑ or ↓, or front, or rear, or front-and-rear, R side-skip-step 					
	5, 6, 7, 8					
*126-130	Leap L ← leap R → leap L ← leap R → L skip-step ↑ or ↓, or front, or rear, or front-and-rear, L side-skip-step 	1	2	3	4	8
	5, 6, 7, 8					

* See Key, special note c, page 9.

SKIP-STEP

Number		Counts
131, 132	Hop R, slide L \leftarrow cut R, slide L \leftarrow cut R, slide L \leftarrow cut R, slide L \leftarrow R skip-step \uparrow or \downarrow	8
	I 2 3 4 5, 6, 7, 8	
133-135	Hop R, slide L \uparrow cut R, slide L \uparrow cut R, slide L \uparrow cut R, slide L \uparrow front, or rear, or front-and-rear, R side-skip-step	8
	I 2 3 4 5, 6, 7, 8	
136-138	Hop R, slide L \downarrow cut R, slide L \downarrow cut R, slide L \downarrow cut R, slide L \downarrow front, or rear, or front-and-rear, R side-skip-step	8
	I 2 3 4 5, 6, 7, 8	
139, 140	Hop R, / L leg \uparrow hop R, / L leg \downarrow cut L, / R leg \uparrow hop L, / R leg \downarrow R skip-step \uparrow $\text{or } 90^\circ$ L or R on 1-4	
	I 2 3 4 5, 6, 7, 8	
	hop L, / R leg \uparrow hop L, / R leg \downarrow cut R, / L leg \uparrow hop R, / L leg \downarrow L skip-step \uparrow $\text{or } 90^\circ$ L or R on 9-12	
	9 10 11 12 13-16	
	repeat 1-8 repeat 9-16 $\text{or } 90^\circ$ L or R on 17-20, and on 25-28, completing L or R \square in 32 counts	32
	17-24 25-32	
	Numbers 6, 11, 16, 21, 26, 31, 36, 41, 46, 51, 56, 61, 66, 71, 76, 81, 86, 91, 96, 101, 106, 111, 116, and 121 may be done on L or R \square with $\text{or } 90^\circ$ L or R on 1-4, as in numbers 139, 140, in each case completing L or R \square in 32 counts.	
141, 142	Hop R, / L leg \uparrow hop R, / L leg \downarrow cut L, / R leg \uparrow hop L, / R leg \downarrow front-and-rear R side-skip-step $\text{or } 180^\circ$ L	16
	I 2 3 4 5, 6, 7, 8	
	or R on 1-4 hop L, / R leg \uparrow hop L, / R leg \downarrow cut R, / L leg \uparrow hop L, / R leg \downarrow front-and-rear R side-skip-step	
	9 10 11 12 13-16	
	$\text{or } 180^\circ$ in reverse direction R or L on 9-12, completing the figure in 16 counts. (The figure necessitates progression \leftrightarrow in a straight line.)	
	Numbers 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 110, 115, 120, and 125 may be done with $\text{or } 180^\circ$ L or R on 1-4, as in numbers 141, 142, in each case completing the figure in 16 counts.	

THE CHANGE-STEP

REMARKS

The so-called three-count steps, of which the Change-Step is a simple example, train the pupil to appreciate a new rhythm. They are of special use in cultivating grace and ease of movement, and, done with twistings as indicated, they may be of great æsthetic value. The Change-Step is given here rather than the waltz or other possibilities, because it can be more readily mastered, and therefore more generally used.

For the explanation of one movement made to more than one count, as in the variation of number 4 and others, see Key, page 9, bracketed space.

The three-count groups may all be done to $\frac{3}{4}$ waltz music. If, during early practice, a slower rhythm is desired, $\frac{3}{4}$ mazurka time is suitable.

CHANGE-STEP

TEMPO II.

Number		Counts
1	Step L ← cut R step L in place and with $\omega\omega$ 45° L on 1, and return on 3. This is the L change-step ←	3
	1 2 3	
2	Step L ↑ cut R step L ↑ This is the L change-step ↑	3
	1 2 3	
3	Step L ↓ cut R step L ↓ This is the L change-step ↓	3
	1 2 3	
*4, 5	Step L ← / R leg ↑ or ↓ hop L R change-step → and with $\omega\omega$ 45° R on 1-3, and return on 4-6.	6
	1 2, 3 3 4, 5, 6	
*6, 7	Step L ↑ / R leg ↑ hop L R change-step ↑ or ↓ 	6
	1 2, 3 3 4, 5, 6	
*8, 9	Step L ↓ / R leg ↑ hop L R change-step ↑ or ↓ 	6
	1 2, 3 3 4, 5, 6	
*10, 11	Step L ↑ / R leg ↓ hop L R change-step ↑ or ↓ 	6
	1 2, 3 3 4, 5, 6	
*12, 13	Step L ↓ / R leg ↓ hop L R change-step ↑ or ↓ 	6
	1 2, 3 3 4, 5, 6	
14-16	Hop R, / L leg ↑ hop R, / L leg ↓ L change-step ←, ↑, or ↓ 	6
	1, 2 3 4, 5, 6	
17-19	Hop R, / L leg ↓ hop R, / L leg ↑ L change-step ←, ↑, or ↓ 	6
	1, 2 3 4, 5, 6	
*20	Step L ← \ R knee ↑ hop L R change-step → 	6
	1 2, 3 3 4, 5, 6	

* See Key, special note c, page 9.

CHANGE-STEP

Number		Counts
*21, 22	Step L ↑ √ R knee ↑ hop L R change-step ↑ or ↓ I 2, 3 3 4, 5, 6	6
*23, 24	Step L ↓ √ R knee ↑ hop L R change-step ↑ or ↓ I 2, 3 3 4, 5, 6	6
	Numbers 4-24 inclusive may be done repeating both the variation and the foundation with change of feet,† doubling the number of counts.	
25	Hop R, √ L knee ↑ hop R, — L knee ↑ L change-step ← and with ↗ 45° L on 1-3, and return on 4-6. I, 2 3 4, 5, 6	6
26, 27	Hop R, √ L knee ↑ hop R, — L knee ↑ L change-step ↑ or ↓ I, 2 3 4, 5, 6	6
28	Hop R, / L leg ↑ hop R, √ L knee ↑ L change-step ← and with ↗ 45° L on 1-3, and return on 4-6. I, 2 3 4, 5, 6	6
29, 30	Hop R, / L leg ↑ hop R, √ L knee ↑ L change-step ↑ or ↓ I, 2 3 4, 5, 6	6
31	Hop R, / L leg ↑ hop R, √ & — L knee ↑ L change-step ← and with ↗ 45° L on 1-3, and return on 4-6. I, 2 3 4, 5, 6	6
32, 33	Hop R, / L leg ↑ hop R, √ & — L knee ↑ L change-step ↑ or ↓ I, 2 3 4, 5, 6	6
34-36	Hop R, / L leg ↓ hop R, √ & — L knee ↓ L change-step ←, ↑, or ↓ I, 2 3 4, 5, 6	6
37-39	Hop R, / L leg ↑ hop R, √ & — L knee ↑ cut L, / R leg ↓ hop L, √ & — R knee ↓ R change-step →, ↑, or ↓ I, 2 3 4, 5 6 7, 8, 9 L change-step in corresponding direction ←, ↑, or ↓ 10, 11, 12	12
40-42	Touch L ↑ L change-step ←, ↑, or ↓ I, 2, 3 4, 5, 6	6

† See Key, special note b, page 9. * See Key, special note c, page 9.

CHANGE-STEP

Number		Counts
43-45	Touch L ↓ L change-step ←, ↑, or ↓ I, 2, 3 4, 5, 6	6
46	Touch L ← L change-step ← and with leg 45° L on 1-3, and return on 4-6. I, 2, 3 4, 5, 6	6
47, 48	Touch L ← L change-step ↑ or ↓ I, 2, 3 4, 5, 6	6
49-51	Touch L ↑ touch L ↓ L change-step ←, ↑, or ↓ I, 2 3 4, 5, 6	6
52-54	Touch L ↓ touch L ↑ L change-step ←, ↑, or ↓ I, 2 3 4, 5, 6	6
55-57	Touch L ← touch L ↑ L change-step ←, ↑, or ↓ I, 2 3 4, 5, 6	6
58-60	Touch L ↑ touch L ← L change-step ←, ↑, or ↓ I, 2 3 4, 5, 6	6
61-63	Touch L ← touch L ↓ L change-step ←, ↑, or ↓ I, 2 3 4, 5, 6	6
64-66	Touch L ↓ touch L ← L change-step ←, ↑, or ↓ I, 2 3 4, 5, 6	6
67-69	/ L leg ↑, √ & — R knee touch L ↑ L change-step ←, ↑, or ↓ I, 2 3 4, 5, 6	6
70-72	Touch L 5th, √ & — knees L change-step ←, ↑, or ↓ I, 2, 3 4, 5, 6	6
73-75	Touch L 5th, √ & — knees touch L ↑ L change-step ←, ↑, or ↓ I, 2 3 4, 5, 6	6
76-78	Touch L 5th, √ & — knees touch L ↓ L change-step ←, ↑, or ↓ I, 2 3 4, 5, 6	6

CHANGE-STEP

Number			Counts
79-81	Touch L 5th, \checkmark & — knees touch L \leftarrow L change-step \leftarrow , \uparrow , or \downarrow	I, 2 3 4, 5, 6	6
*82	Step L \leftarrow touch R 5th, \checkmark & — knees R change-step \rightarrow and with $\approx 45^\circ$ R on 1-3, and return on 4-6.	I, 2 3 4, 5, 6	6
*83, 84	Step L \uparrow touch R 5th, \checkmark & — knees R change-step \uparrow or \downarrow	I, 2 3 4, 5, 6	6
*85, 86	Step L \downarrow touch R 5th, \checkmark & — knees R change-step \uparrow or \downarrow	I, 2 3 4, 5, 6	6
*87	Step L \leftarrow touch R \uparrow R change-step \rightarrow	I, 2 3 4, 5, 6	6
*88, 89	Step L \uparrow touch R \uparrow R change-step \uparrow or \downarrow	I, 2 3 4, 5, 6	6
*90, 91	Step L \downarrow touch R \uparrow R change-step \uparrow or \downarrow	I, 2 3 4, 5, 6	6
92	Hop R, touch L 6th, \checkmark knees hop R, — L leg \nwarrow L change-step \leftarrow and with $\approx 45^\circ$ L on 1-3, and return on 4-6.	I, 2 3 4, 5, 6	6
93, 94	Hop R, touch L 6th, \checkmark knees hop R, — L leg \nwarrow L change-step \uparrow or \downarrow	I, 2 3 4, 5, 6	6
95	Hop R, \diagup L leg \nwarrow hop R, touch L 6th L change-step \leftarrow and with $\approx 45^\circ$ L on 1-3, and return on 4-6.	I, 2 3 4, 5, 6	6
96, 97	Hop R, \diagup L leg \nwarrow hop R, touch L 6th L change-step \uparrow or \downarrow	I, 2 3 4, 5, 6	6
98-100	Hop R, \checkmark L 6th, \diagup^d hop R, \checkmark L 5th \diagup^d L change-step \leftarrow , \uparrow , or \downarrow and with $\approx 180^\circ$ L on 1-3.	I, 2 3 4, 5, 6	6

* See Key, special note c, page 9.

CHANGE-STEP

Number			Counts
101-103	Hop R, \checkmark L 5th / ^d hop R, \checkmark L 6th / ^d L change-step \leftrightarrow , \uparrow , or \downarrow and with ee 180° L on 1-3.		6
	1, 2 3 4, 5, 6		
	Numbers 82-103 inclusive may be done repeating both the variation and the foundation with change of feet,† doubling the number of counts. When numbers 98-103 inclusive are done with repetition, omit ee altogether.		
104-106	Leap L \leftarrow leap R \rightarrow L change-step \leftrightarrow , \uparrow , or \downarrow 		6
	1, 2 3 4, 5, 6		
107	Slide L \leftarrow cut R L change-step \leftarrow and with ee 45° L on 1-3, and return on 4-6.		6
	1, 2 3 4, 5, 6		
108, 109	Slide L \leftarrow cut R L change-step \uparrow or \downarrow 		6
	1, 2 3 4, 5, 6		
110-112	Slide L \uparrow cut R L change-step \leftarrow , \uparrow , or \downarrow 		6
	1, 2 3 4, 5, 6		
113-115	Slide L \downarrow cut R L change-step \leftarrow , \uparrow , or \downarrow 		6
	1, 2 3 4, 5, 6		
116, 117	L change-step \leftarrow ee 90° L or R R change-step \rightarrow ee again 90° L or R repeat 1-3 repeat 4-6 completing L or R		12
	1, 2, 3 4, 5, 6 7, 8, 9 10-12		
	<input type="checkbox"/> in 12 counts.		
118, 119	Step L \leftarrow / R leg \uparrow hop L R change-step \rightarrow ee 90° L or R repeat 1-6 repeat 1-6 repeat 1-6 ee again 90° L or R		24
	1 2, 3 3 4, 5, 6 7-12 13-18 19-24		
	R on 10-12, on 16-18, and on 21-24, completing L or R <input type="checkbox"/> in 24 counts.		
	Numbers 5, 14, 17, 20, 25, 28, 31, 34, 92, 95, 98, 101, 104, and 107 may be done on L or R <input type="checkbox"/> with ee 90° L or R on the \leftrightarrow change-step, as in numbers 118, 119, in each case completing L or R <input type="checkbox"/> in 24 counts.		
	<input type="checkbox"/> See Key, special note b, page 9.		

CHANGE-STEP

Number	Counts
	In the following figures, numbers 120 and 121 necessitate progression ↔ in a straight line. Numbers 122-135 inclusive progress ↓ in a straight line.
120 L change-step ← ↘ 180° L R change-step → ↗ 180° R	6 1, 2, 3 4, 5, 6
121 L change-step ← ↘ 180° R R change-step → ↗ 180° L	6 1, 2, 3 4, 5, 6
122 L change-step ↑ R change-step ↑ L change-step ↑ ↘ 180° L R change-step ↓ ↗ again 180° L	12 1, 2, 3 4, 5, 6 7, 8, 9 10, 11, 12
123 L change-step ↓ R change-step ↓ L change-step ↓ ↘ 180° R R change-step ↑ ↗ again 180° R	12 1, 2, 3 4, 5, 6 7, 8, 9 10, 11, 12
124 Step L ↑ / R leg ↑ hop L step R ↑ / L leg ↑ hop R L change-step ↑ ↘ 180° L R change-step ↓ ↗ again 180° L	12 1 2, 3 3 4 5, 6 6 7, 8, 9 10, 11, 12
125 Step L ↓ / R leg ↓ hop L step R ↓ / L leg ↓ hop R L change-step ↓ ↘ 180° R R change-step ↑ ↗ again 180° R	12 1 2, 3 3 4 5, 6 6 7, 8, 9 10, 11, 12
126 Hop R, / L leg ↑ hop R, / L leg ↓ cut L, / R leg ↑ hop L, / R leg ↓ R change-step ↑ ↘ 180° R L change-step ↓ ↗ again 180° R	12 1, 2 3 4, 5 6 7, 8, 9 10, 11, 12
127 Hop R, / L leg ↓ hop R, / L leg ↑ cut L, / R leg ↓ hop L, / R leg ↑ R change-step ↑ ↘ 180° R L change-step ↓ ↗ again 180° R	12 1, 2 3 4, 5 6 7, 8, 9 10, 11, 12
128 Step L ← √ R knee ↑ hop L step R → √ L knee ↑ hop R L change-step ↑ ↘ 180° L R change-step ↓ ↗ again 180° L	12 1 2, 3 3 4 5, 6 6 7, 8, 9 10, 11, 12

CHANGE-STEP

Number	Counts	
129	Hop R, / L leg ↑ hop R, √ & — L knee ↑ cut L ↗ 180° R, / R leg ↑ hop L, √ & — R knee ↑ R change-step ↑ I, 2 3 4, 5 6 7, 8, 9 L change-step ↑ hop L, / R leg ↑ hop L, √ & — R knee ↑ cut R ↗ 180° L, / L leg ↑ hop R, √ & — L knee ↑ 10, 11, 12 13, 14 15 16, 17 18 L change-step ↓ R change-step ↓ 19-21 22-24	24
130	Hop R, touch L 6th, √ knees hop R, — L leg ↘ cut L, touch R 6th, √ knees hop L, — R leg ↗ I, 2 3 4, 5 6 R change-step ↑ ↗ 180° R L change-step ↓ ↗ again 180° R 7, 8, 9 10, 11, 12	12
131	Hop R, / L leg ↘ hop R, touch L 6th cut L, / R leg ↗ hop L, touch R 6th R change-step ↑ ↗ 180° R I, 2 3 4, 5 6 7, 8, 9 L change-step ↓ ↗ again 180° R 10, 11, 12	12
132	Step L ↑ touch R 5th, √ & — knees step R ↑ touch L 5th, √ & — knees R change-step ↑ ↗ 180° R I, 2 3 4, 5 6 7, 8, 9 L change-step ↓ ↗ again 180° R 10, 11, 12	12
133	Step L ↑ touch R ↑ step R ↑ touch L ↑ R change-step ↑ ↗ 180° R L change-step ↓ ↗ again 180° R I, 2 3 4, 5 6 7, 8, 9 10, 11, 12	12
134	Hop R, √ L 6th /d hop R, √ L 5th /d cut L, √ R 6th /d hop L, √ R 5th /d R change-step ↑ ↗ 180° R I, 2 3 4, 5 6 7, 8, 9 L change-step ↓ ↗ again 180° R 10, 11, 12	12
135	Hop R, √ L 5th /d hop R, √ L 6th /d cut L, √ R 5th /d hop L, √ R 6th /d R change-step ↑ ↗ 180° R I, 2 3 4, 5 6 7, 8, 9 L change-step ↓ ↗ again 180° R 10, 11, 12	12

THE ROCKING-STEP

REMARKS

The Rocking-Step gives useful training in three-count rhythm. Although easily executed, it must not be done carelessly, else its æsthetic value is lost.

For the explanation of one movement made to more than one count, as in the variation of number 5 and others, see Key, page 9, bracketed space.

For suitable music, see Change-Step, remarks, page 65.

ROCKING-STEP

TEMPO II.

Number	Counts
1 Step L ← together with R in 3rd ↓ / heels \ L heel and with $\approx 45^\circ$ L on 1. This is the L rocking-step ←	3
1 2 3	
2 Step L ↑ together with R in 3rd ↓, / heels \ L heel This is the L rocking-step ↑.	3
1 2 3	
3 Step L ↓ together with R in 3rd ↑, / heels \ L heel This is the L rocking-step ↓.	3
1 2 3	
4 Step L ↗ together with R in 3rd ↓, / heels \ L heel and with $\approx 45^\circ$ L on 1.	3
1 2 3	
*5 Step L ← / R leg ↑ hop L R rocking-step → 	6
1 2, 3 3 4, 5, 6	
*6, 7 Step L ↑ / R leg ↑ hop L R rocking-step ↑ or ↓ 	6
1 2, 3 3 4, 5, 6	
*8 Step L ↓ / R leg ↑ hop L R rocking-step ↓ 	6
1 2, 3 3 4, 5, 6	
*9, 10 Step L ↑ / R leg ↓ hop L R rocking-step ↑ or ↓ 	6
1 2, 3 3 4, 5, 6	
*11, 12 Step L ↓ / R leg ↓ hop L R rocking-step ↑ or ↓ 	6
1 2, 3 3 4, 5, 6	
13 Hop R, / L leg ↓ hop R, / L leg ↑ L rocking-step ↑ 	6
1, 2 3 4, 5, 6	
*14 Step L ← \ R knee ↑ hop L R rocking-step → 	6
1 2, 3 3 4, 5, 6	

* See Key, special note c, page 9.

ROCKING-STEP

Number		Counts
*15, 16	Step L ↑ √ R knee ↑ hop L R rocking-step ↑ or ↓ I 2, 3 3 4, 5, 6	6
*17	Step L ↓ √ R knee ↓ hop L R rocking-step ↓ I 2, 3 3 4, 5, 6	6
*18	Step L ← / R leg ↑ hop L, √ R knee ↑ R rocking-step → I 2 3 4, 5, 6	6
*19, 20	Step L ↑ / R leg ↑ hop L, √ R knee ↑ R rocking-step ↑ or ↓ I 2 3 4, 5, 6	6
*21	Step L ↓ / R leg ↑ hop L, √ R knee ↑ R rocking-step ↓ I 2 3 4, 5, 6	6
*22	Step L ← / R leg ↑ hop L, √ & — R knee ↑ R rocking-step → I 2 3 4, 5, 6	6
*23, 24	Step L ↑ / R leg ↑ hop L, √ & — R knee ↑ R rocking-step ↑ or ↓ I 2 3 4, 5, 6	6
*25	Step L ↓ / R leg ↑ hop L, √ & — R knee ↑ R rocking-step ↓ I 2 3 4, 5, 6	6
Numbers 5-25 inclusive (except number 13) may be done repeating both the variation and the foundation with change of feet, doubling the number of counts.		
*26-28	Step L ↑ / R leg ↑ hop L, √ & — R knee ↑ cut R, / L leg ↓ hop R, √ & — L knee ↓ L rocking-step ←, ↑, or ↓ I 2 3 4, 5 6 7, 8, 9 R rocking-step →, ↑, or ↓ I, II, III	12
29-31	Touch L ↑ L rocking-step ←, ↑, or ↓ I, 2, 3 4, 5, 6	6
32-34	Touch L ↓ L rocking-step ←, ↑, or ↓ I, 2, 3 4, 5, 6	6

* See Key, special note c, page 9.

ROCKING-STEP

Number		Counts
35-36	Touch L \leftarrow L rocking-step \uparrow or \downarrow 	6
	1, 2, 3 4, 5, 6	
37-39	Touch L \uparrow touch L \downarrow L rocking-step \leftrightarrow , \uparrow , or \downarrow 	6
	1, 2 3 4, 5, 6	
40-42	Touch L \downarrow touch L \uparrow L rocking-step \leftrightarrow , \uparrow , or \downarrow 	6
	1, 2 3 4, 5, 6	
43-45	Touch L \leftarrow touch L \uparrow L rocking-step \leftrightarrow , \uparrow , or \downarrow 	6
	1, 2 3 4, 5, 6	
46-48	Touch L \uparrow touch L \leftarrow L rocking-step \leftrightarrow , \uparrow , or \downarrow 	6
	1, 2 3 4, 5, 6	
49-51	Touch L \leftarrow touch L \downarrow L rocking-step \leftrightarrow , \uparrow , or \downarrow 	6
	1, 2 3 4, 5, 6	
52-54	Touch L \downarrow touch L \leftarrow L rocking-step \leftrightarrow , \uparrow , or \downarrow 	6
	1, 2 3 4, 5, 6	
55-57	\checkmark L knee \uparrow — L knee \uparrow touch L \uparrow L rocking-step \leftrightarrow , \uparrow , or \downarrow 	6
	1 2 3 4, 5, 6	
58-60	\checkmark L leg \uparrow , \checkmark & — R knee touch L \uparrow L rocking-step \leftrightarrow , \uparrow , or \downarrow 	6
	1, 2 3 4, 5, 6	
61-63	Touch L 5th, \checkmark & — knees L rocking-step \leftrightarrow , \uparrow , or \downarrow 	6
	1, 2, 3 4, 5, 6	
64-66	Touch L 5th, \checkmark & — knees touch L \uparrow L rocking-step \leftrightarrow , \uparrow , or \downarrow 	6
	1, 2 3 4, 5, 6	
67, 68	Touch L 5th, \checkmark & — knees touch L \leftarrow L rocking-step \uparrow or \downarrow 	6
	1, 2 3 4, 5, 6	
*69	Step L \leftarrow touch R 5th, \checkmark & — knees R rocking-step \rightarrow 	6
	1, 2 3 4, 5, 6	

* See Key, special note c, page 9.

ROCKING-STEP

Number			Counts
*70, 71	Step L ↑ touch R 5th, √ & — knees R rocking-step ↑ or ↓	6
	I, 2 3 4, 5, 6		
*72, 73	Step L ↓ touch R 5th, √ & — knees R rocking-step ↑ or ↓	6
	I, 2 3 4, 5, 6		
*74	Step L ← touch R ↑ R rocking-step →	6
	I, 2 3 4, 5, 6		
*75, 76	Step L ↑ touch R ↑ R rocking-step ↑ or ↓	6
	I, 2 3 4, 5, 6		
*77, 78	Step L ↓ touch R ↑ R rocking-step ↑ or ↓	6
	I, 2 3 4, 5, 6		
79	Hop R, touch L 6th, √ knees hop R, — L leg ↗ L rocking-step ← and with ↗ 45° L on 1-3, and return on 4-6.	6
	I, 2 3 4, 5, 6		
80, 81	Hop R, touch L 6th, √ knees hop R, — L leg ↗ L rocking-step ↑ or ↓ and with ↗ 180° L on 1-3.	6
	I, 2 3 4, 5, 6		
82	Hop R, ↗ L leg ↗ hop R, touch L 6th L rocking-step ↑	6
	I, 2 3 4, 5, 6		
83-85	Hop R, √ L 6th ↗ hop R, √ L 5th ↗ L rocking-step ←, ↑, or ↓ and with ↗ 180° L on 1-3.	6
	I, 2 3 4, 5, 6		
86-88	Hop R, √ L 5th ↗ hop R, √ L 6th ↗ L rocking-step ←, ↑, or ↓ and with ↗ 180° L on 1-3.	6
	I, 2 3 4, 5, 6		
Numbers 69-88 inclusive may be done repeating both the variation and the foundation with change of feet, [†] doubling the number of counts. When numbers 69-73 inclusive are done with repetition, ↗ 45° R may be done on 1-3 and return and ↗ 45° L on the repetition of 1-3. When numbers 80, 81, and 83-88 inclusive are done with repetition, omit ↗ altogether.			
† See Key, special note b, page 9.		* See Key, special note c, page 9.	

ROCKING-STEP

Number		Counts
89-91	Leap L ← leap R → L rocking-step ↔, ↑, or ↓ 	6
	I, 2 3 4, 5, 6	
92-94	Slide L ← cut R L rocking-step ↔, ↑, or ↓ 	6
	I, 2 3 4, 5, 6	
95, 96	Slide L ↑ cut R L rocking-step ← or ↑ 	6
	I, 2 3 4, 5, 6	
97, 98	Slide L ↓ cut R L rocking-step ← or ↓ 	6
	I, 2 3 4, 5, 6	
99, 100	Step L ← / R leg ↑ hop L R rocking-step → w 90° L or R repeat 1-6 repeat 1-6 repeat 1-6 w again 90° L or R 	24
	I 2, 3 3 4, 5, 6 7-12 13-18 19-24	
	R on 10-12, on 16-18, and on 22-24, completing L or R □ in 24 counts.	
	Numbers 14, 18, and 22 may be done on L or R □ with w 90° L or R on the R rocking-step →, as in numbers 99, 100, in each case completing L or R □ in 24 counts. All the above [S] may be done repeating both the variation and the foundation with change of feet. In this case w 90° L or R on each rocking-step will complete the L or R □ in 24 counts, for example:	
101, 102	Step L ← / L leg ↑ hop L step R → / R leg ↑ hop R L rocking-step ← w 90° L or R 	24
	I 2, 3 3 4 5, 6 6 7, 8, 9	
	R rocking-step → w again 90° L or R repeat 1-6 repeat 7-12 	
	10, 11, 12 13-18 19-24	

THE SWING-STEP

REMARKS

More than any other, the Swing-Step emphasizes the æsthetic value of the three-count steps. If done with a slight swaying of the body, the beauty of the movement is increased.

For the explanation of one movement made to more than one count, as in the variation of number 11 and others, see Key, page 9, bracketed space.

For suitable music, see Change-Step, remarks, page 65.

SWING-STEP

TEMPO II.

Number			Counts
1	Step L ← touch R ↑, / L heel \ L heel	This is the front L swing-step ←	3
	1 2 3		
2	Step L ↑ touch R ↑, / L heel \ L heel	This is the front L swing-step ↑	3
	1 2 3		
3	Step L ↓ touch R ↑, / L heel \ L heel	This is the front L swing-step ↓	3
	1 2 3		
4	Step L ↙ touch R ↑, / L heel \ L heel	and with ↗ 45° L on 1.....	3
	1 2 3		
5	Step L ↘ touch R ↑, / L heel \ L heel	and with ↘ 45° R on 1.....	3
	1 2 3		
6	Step L ← touch R ↓, / L heel \ L heel	This is the rear L swing-step ←	3
	1 2 3		
7	Step L ↑ touch R ↓, / L heel \ L heel	This is the rear L swing-step ↑	3
	1 2 3		
8	Step L ↓ touch R ↓, / L heel \ L heel	This is the rear L swing-step ↓	3
	1 2 3		
9	Step L ↙ touch R ↓, / L heel \ L heel	and with ↗ 45° L on 1.....	3
	1 2 3		
10	Step L ↘ touch R ↓, / L heel \ L heel	and with ↘ 45° R on 1.....	3
	1 2 3		
*11, 12	Step L ← / R leg ↑ hop L front or rear R swing-step →	6
	1 2, 3 3 4, 5, 6		

* See Key, special note c, page 9.

SWING-STEP

Number				Counts
*13-16	Step L ↑ / R leg ↑ hop L front or rear R swing-step ↑ or ↓			6
	1 2, 3 3 4, 5, 6			
*17-20	Step L ↓ / R leg ↑ hop L front or rear R swing-step ↑ or ↓			6
	1 2, 3 3 4, 5, 6			
*21, 22	Step L ← / R leg ↓ hop L front or rear R swing-step →			6
	1 2, 3 3 4, 5, 6			
*23-25	Step L ↑ / R leg ↓ hop L front R swing-step ↑, or rear R swing-step ↑ or ↓			6
	1 2, 3 3 4, 5, 6			
*26-29	Step L ↓ / R leg ↓ hop L front or rear R swing-step ↑ or ↓			6
	1 2, 3 3 4, 5, 6			
30-35	Hop R, / L leg ↑ hop R, / L leg ↓ front or rear L swing-step ←, ↑, or ↓			6
	1, 2 3 4, 5, 6			
36-41	Hop R, / L leg ↓ hop R, / L leg ↑ front or rear L swing-step ←, ↑, or ↓			6
	1, 2 3 4, 5, 6			
42-47	Hop R, √ L knee ↑ hop R, — L knee ↑ front or rear L swing-step ←, ↑, or ↓			6
	1, 2 3 4, 5, 6			
48-53	Hop R, / L leg ↑ hop R, √ L knee ↑ front or rear L swing-step ←, ↑, or ↓			6
	1, 2 3 4, 5, 6			
54-59	Hop R, / L leg ↑ hop R, √ & — L knee ↑ front or rear L swing-step ←, ↑, or ↓			6
	1, 2 3 4, 5, 6			
60-65	Hop R, / L leg ↓ hop R, √ & — L knee ↓ front or rear L swing-step ←, ↑, or ↓			6
	1, 2 3 4, 5, 6			

Numbers 42-65 inclusive may be done with ~~one~~ 180° L on 1, 2, 3. Numbers 11-65 inclusive may be done repeating both the variation and the foundation with change of feet,† doubling the number of counts. When numbers 42-65 inclusive are done with repetition omit ~~one~~ altogether.

† See Key, special note b, page 9.

* See Key, special note c, page 9.

SWING-STEP

Number		Counts
66-71	Hop R, / L leg ↑ hop R, √ & — L knee ↑ cut L, / R leg ↓ hop L, √ & — R knee ↓ 1, 2 3 4, 5 6 front or rear R swing-step →, ↑, or ↓ front or rear L swing-step in corresponding direction ←, ↑, or ↓ 	12
72, 73	Slide L ↗ cut R, / L leg high ↗ hop R, √ L knee ↗ front or rear L swing-step ← 	6
	1 2 3 4, 5, 6	
74-79	Touch L ↑ front or rear L swing-step ←, ↑, or ↓ 	6
	1, 2, 3 4, 5, 6	
80-82	Touch L ↓ front L swing-step ←, ↑, or ↓ 	6
	1, 2, 3 4, 5, 6	
83-86	Touch L ← front or rear L swing-step ↑ or ↓ 	6
	1, 2, 3 4, 5, 6	
87-92	Touch L ↑ touch L ↓ front or rear L swing-step ←, ↑, or ↓ 	6
	1, 2 3 4, 5, 6	
93-98	Touch L ↓ touch L ↑ front or rear L swing-step ←, ↑, or ↓ 	6
	1, 2 3 4, 5, 6	
99-104	Touch L ← touch L ↑ front or rear L swing-step ←, ↑, or ↓ 	6
	1, 2 3 4, 5, 6	
105-110	Touch L ↑ touch L ← front or rear L swing-step ←, ↑, or ↓ 	6
	1, 2 3 4, 5, 6	
111-116	Touch L ← touch L ↓ front or rear L swing-step ←, ↑, or ↓ 	6
	1, 2 3 4, 5, 6	
117-122	Touch L ↓ touch L ← front or rear L swing-step ←, ↑, or ↓ 	6
	1, 2 3 4, 5, 6	
123-128	√ L knee ↑ — L knee ↑ touch L ↑ front or rear L swing-step ←, ↑, or ↓ 	6
	1 2 3 4, 5, 6	

SWING-STEP

Number			Counts 6
129-134	/ L leg ↑, √ & — R knee touch L ↑ front or rear L swing-step ←, ↑, or ↓		
	1, 2	3	4, 5, 6
135-137	Touch L 5th, √ & — knees front L swing-step ←, ↑, or ↓		6
	1, 2, 3	4, 5, 6	
138-143	Touch L 5th, √ & — knees touch L ↑ front or rear L swing-step ←, ↑, or ↓		6
	1, 2	3	4, 5, 6
144-147	Touch L 5th, √ & — knees touch L ← front or rear L swing-step ↑ or ↓		6
	1, 2	3	4, 5, 6
*148, 149	Step L ← touch R 5th, √ & — knees front or rear R swing-step →		6
	1, 2	3	4, 5, 6
*150-152	Step L ↑ touch R 5th, √ & — knees front or rear R swing-step ↑, or rear R swing-step ↓		6
	1, 2	3	4, 5, 6
*153-155	Step L ↓ touch R 5th, √ & — knees front R swing-step ↑ or ↓, or rear R swing-step ↓		6
	1, 2	3	4, 5, 6
156, 157	Hop R, touch L 6th, √ knees hop R, — L leg ↗ front or rear L swing-step ← and with ↙ 45° L on 1, 2, 3 and return on 4, 5, 6.		6
	1, 2	3	4, 5, 6
158-161	Hop R, touch L 6th, √ knees hop R, — L leg ↗ front or rear L swing-step ↑ or ↓ and with ↙ 180° L on 1, 2, 3.		6
	1, 2	3	4, 5, 6
162-167	Hop R, / L leg ↗ hop R, touch L 6th front or rear L swing-step ←, ↑, or ↓		6
	1, 2	3	4, 5, 6
168-173	Hop R, √ L 6th / ^d hop R, √ L 5th / ^d front or rear L swing-step ←, ↑, or ↓ and with ↙ 180° L on 1, 2, 3.		6
	1, 2	3	4, 5, 6

* See Key, special note c, page 9.

SWING-STEP

Number				Counts			
174-179	Hop R, \checkmark L 5th \diagup^d hop R, \checkmark L 6th \diagup^d front or rear L swing-step $\leftarrow, \uparrow, \text{ or } \downarrow$ and with $\text{as } 180^\circ$ L on 1, 2, 3.....			6			
	1, 2	3	4, 5, 6				
	Numbers 148-179 inclusive may be done repeating both the variation and the foundation with change of feet,† doubling the number of counts. When numbers 148-155 inclusive are done with repetition, $\text{as } 45^\circ$ R may be done on 1, 2, 3 and return and $\text{as } 45^\circ$ L on the repetition of 1, 2, 3. When numbers 158-161 inclusive and numbers 168-179 inclusive are done with repetition, omit $\text{as } 45^\circ$ altogether.						
180-185	Leap L \leftarrow leap R \rightarrow front or rear L swing-step $\leftarrow, \uparrow, \text{ or } \downarrow$			6			
	1, 2	3	4, 5, 6				
186-191	Slide L \leftarrow cut R front or rear L swing-step $\leftarrow, \uparrow, \text{ or } \downarrow$			6			
	1, 2	3	4, 5, 6				
192-197	Slide L \uparrow cut R front or rear L swing-step $\leftarrow, \uparrow, \text{ or } \downarrow$			6			
	1, 2	3	4, 5, 6				
198-203	Slide L \downarrow cut R front or rear L swing-step $\leftarrow, \uparrow, \text{ or } \downarrow$			6			
	1, 2	3	4, 5, 6				
204-207	Step L \leftarrow / R leg \uparrow hop L front or rear R swing-step \rightarrow $\text{as } 90^\circ$ L or R on 1-3 repeat 1-6 repeat 1-6 repeat 1-6			24			
	1	2, 3	3	4, 5, 6	7-12	13-18	19-24
	$\text{as } 90^\circ$ L or R on 7-9, on 13-15, and on 19-21, completing L or R \square in 24 counts.						
208-211	Hop R, touch L 6th, \checkmark knees hop R, — L leg \nwarrow front or rear L swing-step \leftarrow $\text{as } 90^\circ$ L or R on 1-3.						
	1, 2	3	4, 5, 6				
	hop L, touch R 6th, \checkmark knees hop L, — R leg \nearrow front or rear R swing-step \rightarrow $\text{as } 90^\circ$ L or R on 7-9 repeat 1-6						
	7, 8	9	10, 11, 12			13-18	
	repeat 7-12 $\text{as } 90^\circ$ L or R on 13-15, and on 19-21, completing L or R \square in 24 counts.						
	19-24						
	All the above \square may be done repeating both the variation and the foundation with change of feet,† in this case $\text{as } 90^\circ$ L or R on 1-3 and again immediately on the repetition of 1-3, also on 13-18 and again immediately on the repetition of 13-18, completing L or R \square in 24 counts.						
	† See Key, special note b, page 9.						



THE CUT-STEP

REMARKS

The Cut-Steps are, without doubt, much more difficult to understand than any of the preceding groups, as their formulæ cannot be as readily interpreted. Well presented by an adequate teacher, however, the execution of them is not difficult for the pupil. They show a combination of lively and graceful movement, offer training in coöordination, and are always interesting and enjoyable. While being learned, Cut-Steps should always be done in place, as the attempt to move forward or backward changes the character of the formula, the *cut* often becoming a *leap*.

The accurate time for Cut-Steps is somewhat faster than Tempo I. usually indicates.

The different character of the various Cut-Step exercises makes their adaptation to one or another musical rhythm largely a matter of individual preference. The formulæ of two, four, eight, sixteen, and thirty-two counts may all be done to 4/4 caprice time, or, in many cases, to 6/8 time. The formulæ of three counts, and many of those having six, twelve, or twenty-four counts, may be adapted to spirited 3/4 mazurka time.

CUT-STEP

TEMPO I.
(See Remarks, page 91.)

Number	Starting Positions	Final Positions	Counts
I	L 2nd \diagup/d or L 4th \uparrow/d or L 4th \downarrow/d	Cut L I R 2nd \diagup/d or R 3rd \downarrow/d or R 4th \uparrow/d or R 4th \downarrow/d	
		Any of these starting positions connected by a cut with any of these final positions is called the L cut-step.	
2	L cut-step 2nd \diagup/d into 2nd \diagup/d hop L § and with ee 45° R on 1, and return on 2.....	I 2	2
3	L cut-step 2nd \diagup/d into 3rd \downarrow/d hop L, / R leg \rightarrow and with ee 45° R on 1, and return on 2.....	I 2	2
*4	L cut-step 2nd \diagup/d into 2nd \diagup/d R cut-step into 2nd \diagup/d hop R §	I 2 3	3
*5	L cut-step 2nd \diagup/d into 2nd \diagup/d R cut-step into 3rd \downarrow/d hop R, / L leg \leftarrow 	I 2 3	3
6	L cut-step 2nd \diagup/d into 3rd \downarrow/d hop L hop L, / R leg \rightarrow § and with ee 45° R on 2, 3.....	I 2 3	3
7	L cut-step 4th \uparrow/d into 4th \uparrow/d hop L § and with ee 45° R on 2.....	I 2	2
8	L cut-step 4th \uparrow/d into 3rd \downarrow/d hop L, / R leg \uparrow and with ee 45° R on 2.....	I 2	2

^I See Key, special note a, page 9.

² See Key, special note c, page 9.

CUT-STEP

Number		Counts
9	L cut-step 4th ↑ /d into 3rd ↓ /d hop L hop L, / R leg ↑ § and with ↗ 45° R on 2, 3.	3
	1 2 3	
*10	L cut-step 4th ↑ /d into 4th ↓ /d hop L R cut-step into 4th ↑ /d hop R §	4
	1 2 3 4	
*11	L cut-step 4th ↑ /d into 3rd ↓ /d hop L, / R leg ↓ R cut-step into 3rd ↓ /d hop R, / L leg ↑	4
	1 2 3 4	
12	L cut-step 4th ↑ /d into 4th ↓ /d hop L, / R leg ↑ and with ↗ 45° R on 2.	2
	1 2	
13	L cut-step 4th ↑ /d into 4th ↓ /d R cut-step into 4th ↑ /d L cut-step into 4th ↓ /d hop L, / R leg ↑ and with ↗ 45° R on 3, 4.	4
	1 2 3 4	
14, 15	L cut-step 4th ↑ /d into 4th ↓ /d R cut-step into 4th ↑ /d L cut-step into 4th ↓ /d R cut-step into 4th ↑ /d Step L → X in front or in back of R step R → step L → X in front or in back of R hop L, / R leg ↗	8
	1 2 3 4 5 6 7 8	
16, 17	L cut-step 4th ↑ /d into 4th ↓ /d hop L, / R leg ↑ R cut-step into 4th ↓ /d hop R, / L leg ↑ step L → X in front or in back of R step R → step L → X in front or in back of R hop L, / R leg ↗ and with ↗ 45° R on 1, 2, and return and ↗ 45° L on 3, 4, and return and ↗ 45° R on 7, 8.	8
	1 2 3 4 5 6 7 8	
*18	L cut-step 4th ↑ /d into 4th ↓ /d R cut-step into 3rd ↓ /d hop R, / L leg ↑	3
	1 2 3	
*19	L cut-step 4th ↑ /d into 3rd ↓ /d hop L, / R leg ↓ R cut-step into 4th ↑ /d	3
	1 2 3	
20	L cut-step 4th ↑ /d into 3rd ↓ /d hop L, / R leg ↓ hop L, / R leg ↑	3
	1 2 3	

§ See Key, special note a, page 9.

* See Key, special note c, page 9.

CUT-STEP

Number		Counts
21	L cut-step 4th ↑ / ^d into 3rd ↓ / ^d hop L, / R leg ↑ R cut-step into 3rd ↓ / ^d hop R, / L leg ↓ I 2 3 4 L cut-step into 3rd ↓ / ^d hop L, / R leg ↑ and with ↗ 45° R on 1-6. 5 6	6
22	L cut-step 2nd / ^d into 4th ↑ / ^d hop L R cut-step into 4th ↓ / ^d hop R L cut-step into 2nd / ^d hop L §..... 1 2 3 4 5 6	6
23	L cut-step 2nd / ^d into 3rd ↓ / ^d hop L, / R leg ↑ R cut-step into 3rd ↓ / ^d hop R, / L leg ↓ I 2 3 4 L cut-step into 3rd ↓ / ^d hop L, / R leg → 5 6	6
24	L cut-step 4th ↑ / ^d into 4th ↓ / ^d hop L, / R leg → hop L, / R leg ↑ 	3
25	I 2 Hop R, √ L knee ↑ L cut-step into 3rd ↓ / ^d and with ↗ 45° L on 1, and return on 2.	2
26	I 2 3 Hop R, √ L knee ↑ L cut-step into 3rd ↓ / ^d hop L § and with ↗ 45° L on 1, and return on 2, 3.	3
27	I 2 3 Hop R, √ L knee ↑ hop R, — L knee ↑ L cut-step into 3rd ↓ / ^d and with ↗ 45° L on 1, 2, and return on 3.	3
28	I 2 3 4 Hop R, √ L knee ↑ hop R, — L knee ↑ L cut-step into 3rd ↓ / ^d hop L § and with ↗ 45° L on 1, 2, and return on 3, 4.	4
29	I 2 3 Hop R, / L leg ↑ hop R, √ L knee ↑ L cut-step into 3rd ↓ / ^d and with ↗ 45° L on 1, 2, and return on 3.	3
30	I 2 3 4 Hop R, / L leg ↑ hop R, √ L knee ↑ L cut-step into 3rd ↓ / ^d hop L § and with ↗ 45° L on 1, 2, and return on 3, 4.	4
31	I 2 3 Hop R, / L leg ↑ hop R, √ & — L knee ↑ L cut-step into 3rd ↓ / ^d and with ↗ 45° L on 1, 2, and return on 3.	3

§ See Key, special note a, page 9.

CUT-STEP

Number		Counts
32	Hop R, / L leg ↑ hop R, √ & — L knee ↑ L cut-step into 3rd ↓ / ^d hop L § and with ↗ 45° L on 1, 2, and return on 3, 4.	4
33	Hop R, / L leg ↑ hop R, √ & — L knee ↑ L cut-step into 4th ↓ / ^d hop L, √ & — R knee ↓	4
34, 35	Hop R, touch L ← or ↓ L cut-step into 3rd ↓ / ^d	2
36	Hop R, touch L ↑ L cut-step into 3rd ↓ / ^d and with ↗ 45° L on 1, and return on 2	2
37	Hop R, touch L ↑ L cut-step into 4th ↓ / ^d	2
38	Hop R, touch L ↓ L cut-step into 4th ↑ / ^d	2
39, 40	Hop R, touch L ↑ or ↓ hop R, touch L in reverse direction ↓ or ↑ L cut-step into 3rd ↓ / ^d and with ↗ 45° L on 1, 2, and return on 3.	3
41	Hop R, touch L heel ↑ hop R, touch L toe ↓ L cut-step into 3rd ↓ / ^d and with ↗ 45° L on 1, 2, and return on 3	3
42, 43	Hop R, touch L heel ← hop R, touch L toe ↑ or ↓ L cut-step into 3rd ↓ / ^d and with ↗ 45° L on 1, 2, and return on 3	3
44	Hop R, / L leg ↑ hop R, touch L ↑ L cut-step into 3rd ↓ / ^d and with ↗ 45° L on 1, and return on 3	3
45	Hop R, touch L ↑ hop R, / L leg ↑ L cut-step into 3rd ↓ / ^d and with ↗ 45° L on 1, and return on 3	3

§ See Key, special note a, page 9.

CUT-STEP

Number		Counts
46	Hop R, touch L ← L cut-step, touch R 5th 1 2	2
47	Touch L 5th, √ & — knees step L ← touch R 5th, √ & — knees step R → L cut-step into 2nd /d 1 2 3 4 5 R cut-step into 2nd /d L cut-step into 3rd ↓ /d hop L, / R leg → and with ↗ 45° R on 7, 8. 6 7 8	8
*48	Touch L 5th, √ & — knees step L ← touch R 5th, √ & — knees step R → L cut-step into 2nd /d 1 2 3 4 5 hop L, √ R 5th /d R cut-step into 2nd /d hop R, √ L 5th /d 6 7 8	8
49	Step L ← touch R ↑ step R → touch L ↑ L cut-step into 4th ↓ /d R cut-step into 4th ↑ /d L cut-step into 4th ↓ /d 1 2 3 4 5 6 7 hop L, / R leg ↑ and with ↗ 45° R on 1, 2, and return and ↗ 45° L on 3, 4, and return on 5, 6, 7, and ↗ 45° R on 8. 8	8
50	Hop R, touch L 6th hop R, — L leg ↗ L cut-step into 3rd ↓ /d and with ↗ 45° L on 1, 2, and return on 3. 1 2 3	3
51	Hop R, touch L 6th hop R, — L leg ↗ L cut-step into 3rd ↓ /d hop L, / R leg ↑ and with ↗ 45° R on 3, 4. 1 2 3 4	4
52	Hop R, touch L 6th hop R, — L leg ↗ L cut-step into 4th ↓ /d hop L, √ R 5th /d and with ↗ 45° L on 1, 2, and return on 3, 4.	4
53	Hop R, touch L 6th hop R, — L leg ↗ hop R, touch L 6th hop R, — L leg ↗ L cut-step into 4th ↓ /d 1 2 3 4 5 R cut-step into 4th ↑ /d L cut-step into 4th ↓ /d hop L, / R leg ↑ and with ↗ 45° R on 7, 8, or 180° L on 1-4. 6 7 8	8

* See Key, special note c, page 9.

CUT-STEP

Number	Counts
54 Hop R, touch L 6th hop R, — L leg ↗ cut L, touch R 6th hop L, — R leg ↗ R cut-step into 4th ↓ /d hop R, / L leg ↑ L cut-step into 4th ↓ /d hop L, / R leg ↑ and with ↗ 45° L on 5, 6 and return and ↗ 45° R on 7, 8. 6 7 8	8
55 Start with L ↗ /d L cut-step, touch R ↓ hop L, touch R heel → hop L, touch R 6th hop L, — R leg ↗ and with ↗ 45° R on 2, 3, 4. 1 2 3 4	4
56 Start with L ↗ /d L cut-step, touch R → toeing in hop L, touch R heel → hop L, touch R 5th hop L, / R leg ↗ 1 2 3 4	4
57 Hop R, touch L heel ↗ hop R, touch L 5th hop R, / L leg ↗ L cut-step into 3rd ↓ /d 1 2 3 4	4
58 Hop R, √ L 6th /d hop R, √ L 5th /d hop R, √ L 6th /d hop R, √ L 5th /d hop R, — L leg ← L cut-step into 2nd /d R cut-step into 2nd /d L cut-step into 2nd /d and with ↗ 180° L on 1-4. 6 7 8	8
59 L cut-step 4th ↑ /d into 4th ↓ /d hop L, √ R 6th /d, — R leg ↑ 1 2	2
60 L cut-step 4th ↑ /d into 4th ↓ /d hop L hop L, √ R 6th /d, — R leg ↑ § and with ↗ 45° on 2, 3..... 1 2 3	3
61 Leap L ← leap R → leap L ← leap R → hop R, / L leg ↑ L cut-step into 4th ↓ /d R cut-step into 4th ↑ /d L cut-step into 4th ↓ /d 1 2 3 4 5 6 7 8	8
With the exception of numbers 14, 15, 16, and 17, the above cut-steps may be done moving continuously ↑ or ↓ (See Remarks, page 91.) § See Key, special note a, page 9.	

CUT-STEP

Number		Counts
62	Start with R 2nd $/d$ cut R, slide L \leftarrow R cut-step into 2nd $/d$ 	2
	1 2	
63	Start with R 2nd $/d$ cut R, slide L \leftarrow cut R, slide L \leftarrow cut R, slide L \leftarrow R cut-step into 2nd $/d$ 	4
	1 2 3 4	
64	Start with R 2nd $/d$ cut R, slide L \leftarrow cut R, slide L \leftarrow cut R, slide L \leftarrow R cut-step into 2nd $/d$ L cut-step into 2nd $/d$ R cut-step into 2nd $/d$ 	6
	1 2 3 4 5 6	
65	Start with R 2nd $/d$ cut R, slide L \leftarrow cut R, slide L \leftarrow cut R, slide L \leftarrow R cut-step into 2nd $/d$ cut L, slide R \rightarrow L cut-step into 2nd $/d$ cut R, slide L \leftarrow R cut-step into 2nd $/d$ 	8
	1 2 3 4 5 6 7 8	
In the following numbers, 66-73 inclusive, the directions shown in the 1st count of each step, should hold throughout the rest of the step, i. e., when 4th \uparrow/d is used, slides and cuts should also be \uparrow , and so forth, except in count 5 of numbers 70, 71, where the direction meant is obvious.		
66, 67	Start with R 4th \uparrow/d or 4th \downarrow/d cut R, slide L \uparrow or \downarrow R cut-step into 4th \uparrow/d or 4th \downarrow/d 	2
	1 2	
68, 69	Start with R 4th \uparrow/d or 4th \downarrow/d cut R, slide L \uparrow or \downarrow cut R, slide L \uparrow or \downarrow cut R, slide L \uparrow or \downarrow R cut-step into 4th \uparrow/d or 4th \downarrow/d 	4
	1 2 3 4	
70, 71	Start with R 4th \uparrow/d or 4th \downarrow/d cut R, slide L \uparrow or \downarrow cut R, slide L \uparrow or \downarrow cut R, slide L \uparrow or \downarrow R cut-step into 4th \uparrow/d or 4th \downarrow/d L cut-step into 4th \downarrow/d or 4th \uparrow/d R cut-step into 4th \uparrow/d or 4th \downarrow/d 	6
	1 2 3 4 5 6	

CUT-STEP

Number		Counts
72, 73	Start with R 4th ↑ / ^d or 4th ↓ / ^d cut R, slide L ↑ or ↓ cut R, slide L ↑ or ↓ cut R, slide L ↑ or ↓	
	1 2 3	
	R cut-step into 4th ↑ / ^d or 4th ↓ / ^d cut L, slide R ↑ or ↓ L cut-step into 4th ↑ / ^d or 4th ↓ / ^d cut R, slide L ↑ or ↓	
	4 5 6 7	
	R cut-step into 4th ↑ / ^d or 4th ↓ / ^d 	
	8	
74	Start with R 4th ↑ / ^d cut R, slide L ← R cut-step into 2nd / ^d cut L, slide R → L cut-step into 2nd / ^d	
	1 2 3 4	
	R cut-step into 3rd ↓ / ^d hop R, / L leg ↑ 	
	5 6	
75	Start with L 4th ↑ / ^d hop R, slide L ← cut R, slide L ← cut R, slide L ← R cut-step into 2nd / ^d	
	1 2 3 4	
	L cut-step into 4th ↓ / ^d hop L, / R leg ↑ 	
	5 6	
76, 77	L cut-step 4th ↑ / ^d into 3rd ↓ / ^d hop L hop L, / R leg ↑ § ^{as} 90° L or R on 1, 2 R cut-step into 3rd ↓ / ^d hop R	
	1 2 3 4 5	
	hop R, / L leg ↑ § ^{as} again 90° L or R on 4, 5 repeat 1-3 repeat 4-5 ^{as} again 90° L or R on 7, 8, and on 10, 11,	
	6 7, 8, 9 10, 11, 12	
	completing L or R □ in 12 counts.	
		12

Numbers 18, 19, 20, 27, 29, 31, 39, 40, 41, 42, 43, 45, and 50 may be done on L or R □ like 76, 77, in each case completing L or R □ in 12 counts. Numbers 10, 11, 13, 28, 30, 32, 33, 51, 52, 55, 56, and 57, may be done on L or R □ with ^{as} 90° L or R on 1, 2, on 5, 6, on 9, 10, and on 13, 14, in each case completing L or R □ in 16 counts. Number 63 may be done on L or R □ with ^{as} 90° L or R on 4, on 8, on 12, and on 16, completing L or R □ in 16 counts. Numbers 64 and 75 may be done on L or R □ with ^{as} 90° L or R on 4, 5, 6, on 10, 11, 12, on 16, 17, 18, and on 22, 23, 24, completing L or R □ in 24 counts. Numbers 14, 15, 16, and 17 may be done on L or R □ with ^{as} 90° L or R on 1-4, on 9-12, on 17-20, and on 25-28, in each case completing L or R □ in 32 counts. Numbers 48, 49, 53, 54, 58, 61, and 65 may be done on L or R □ with ^{as} 90° L or R on 5-8, on 13-16, on 21-24, and on 29-32, in each case completing L or R □ in 32 counts.

§ See Key, special note a, page 9.

CUT-STEP

Number		Counts
78	<p>L cut-step 4th ↑ /^d into 4th ↓ /^d hop L, / R leg ↑ ee 180° R on 1, 2 R cut-step into 4th ↓ /^d hop R, / L leg ↑ </p> <p style="text-align: center;">1 2 3 4</p> <p>moving ↑ on 3, 4 without ee repeat 1, 2 ee again 180° R repeat 3, 4 moving ↓ without ee completing the figure in</p> <p style="text-align: center;">5, 6 7, 8</p> <p>8 counts. (The figure necessitates progression ↔ in a straight line.)</p>	8

The following figures progress ↔ in a straight line. Numbers 16, 17 may be done with ee 180° R on 1-4, and repeat with ee 180° L on 9-12, completing figure in 16 counts. Number 64 may be done with ee 180° R on 4-6, and repeat with ee again 180° R on 10-12, completing figure in 12 counts. Number 65 may be done with ee 180° R on 5-8, and repeat with ee again 180° R on 13-16, completing figure in 16 counts.

THE MAZURKA-STEP

REMARKS

The variety of combinations shown in Mazurka-Steps is not as great as in other groups, because many of these combinations would necessitate the constant use of the same foot. Mazurka-Steps are suitable for the work of more advanced pupils, since, in order to be of greatest value, they require a nicety of execution impossible to beginners.

The accurate time for Mazurka-Steps is somewhat faster than Tempo I. usually indicates.

This group is well adapted to 3/4 mazurka music.

MAZURKA-STEP

TEMPO I.

(See Remarks, page 103.)

Number					Counts
*1	Slide L ← cut R, / L leg ← hop R, √ L 5th	This is the L mazurka-step ←			3
	1 2 3				
*2	Slide L ↗ cut R, / L leg ↗ hop R, √ L 5th	This is the L mazurka-step ↗			3
	1 2 3				
*3	Slide L ↘ cut R, / L leg ↘ hop R, √ L 5th	This is the L mazurka-step ↘			3
	1 2 3				
4-6	L mazurka-step ← ↗, or ↘ step L in place step R in place step L in place			6
	1, 2, 3 4 5 6				
7-9	L mazurka-step ←, ↗, or ↘ L mazurka-step in same direction ← ↗, or ↘			
	1, 2, 3 4, 5, 6				
	L mazurka-step in same direction ← ↗, or ↘ step L in place step R in place step L in place			12
	7, 8, 9 10 11 12				
10, 11	Step L ← or ↗ hop L, / R leg ↑, √ & — R knee ↑ R mazurka-step → or ↘ and with ω 45° R on 3.			6
	1, 2 3 4, 5, 6				
12, 13	Step L ← or ↑ hop L, / R leg ↑, √ & — R knee ↑ step R in corresponding direction → or ↑			
	1, 2 3 4, 5				
	hop R, / L leg ↑, √ & — L knee ↑ L mazurka-step in corresponding direction ← or ↗ step L in place step R in place			
	6 7, 8, 9 10 11				
	step L in place and with ω 45° R on 3, and 45° L on 6.			
	12				

* See Key, special note c, page 9.

MAZURKA-STEP

MAZURKA-STEP

Number		Counts
30	<p>L mazurka-step ← step L in place step R in place step L in place \curvearrowleft 90° L or R on 4-6 R mazurka-step →</p> <p style="margin-left: 10em;">1, 2, 3 4 5 6</p> <p>step R in place step L in place step R in place \curvearrowleft again 90° L or R on 10-12 repeat 1-6 repeat 7-12 \curvearrowleft again 90° L</p> <p style="margin-left: 10em;">10 11 12 13-18 19-24</p> <p>or R on 16-18, and on 22-24, completing L or R \square in 24 counts.</p>	24
31	<p>L mazurka-step ← step L in place step R in place step L in place \curvearrowleft 180° L on 4-6 repeat 1-6 \curvearrowleft 180° R on 10-12,</p> <p style="margin-left: 10em;">1, 2, 3 4 5 6 7-12</p> <p>completing figure in 12 counts. (The figure necessitates progression ↔ in a straight line.)</p> <p>Numbers 7, 12, 18, and 26 may be done with \curvearrowleft 180° L on 10-12, and repeat with \curvearrowleft on 22-24, in each case completing figure in 24 counts. Number 29 may be done with \curvearrowleft 180° L on 7-9, and repeat with \curvearrowleft 180° R on 19-21, completing figure in 24 counts.</p>	12

UNCLASSIFIED STEPS

REMARKS

Out of many possibilities are selected, in this group, a few desirable combinations and a number of practical and enjoyable exercises, which offer variety, and, like other advanced work, give an opportunity for the expression of individuality. The possible developments of these Unclassified Steps in various squares and twistings are not shown here, but may be readily elaborated.

The tempo of such steps as are made by combining two foundations, for example, numbers 1, 2, 10, 11, and others, is in accordance with the tempo previously given for those foundation steps. All other steps are to be done in Tempo I., although somewhat faster than that term usually indicates.

The musical time for those steps made by combining two foundations may be ascertained by reference to the foundations in question. Other formulæ show one familiar foundation, which determines the music. The remaining steps may be done to 4/4 caprice time, or 6/8 rhythm, if preferred.

UNCLASSIFIED STEPS

TEMPO

(See Remarks, page 109.)

Number					Counts
*1, 2	Front L swing-step ← or ↑ front R swing-step in corresponding direction → or ↑ L change-step ↑ R change-step ↑				12
	1, 2, 3	4, 5, 6		7, 8, 9	10, 11, 12
*3, 4	Front L swing-step ← or ↓ front R swing-step in corresponding direction → or ↓ L change-step ↓ R change-step ↓				12
	1, 2, 3	4, 5, 6		7, 8, 9	10, 11, 12
5-7	L mazurka-step ←, ↗, or ↘ L mazurka-step in same direction ←, ↗, or ↘				
	1, 2, 3	4, 5, 6			
	L mazurka-step in same direction ←, ↗, or ↘ front L swing-step in same direction ←, ↗, or ↘				12
	7, 8, 9		10, 11, 12		
8	Slide L ↗ cut R, / L leg high ↗ hop R, √ L knee ↗ slide L ↗ cut R, / L leg high ↗ hop R, √ L knee ↗				
	1	2	3	4	5
	slide L ↗ cut R, / L leg high ↗ hop R, √ L knee ↗ L change-step ↑				6
	7	8	9	10, 11, 12	
9	Start with R and / ^d cut R, slide L ← hop L, / R leg → hop L, √ R 5th / ^d cut R, slide L ← hop L, / R leg →				
	1	2	3	4	5
	hop L, √ R 5th / ^d step R ← × in front of L step L ← step R ← × in back of L step L ← step R ← × in front of L				
	6	7	8	9	10
	hop R, / L leg ←				11
	12				
10, 11	L balance-step ↑ or ↓ R follow-step in same direction ↑ or ↓				4
	1, 2	3, 4			

* See Key, special note c, page 9.

UNCLASSIFIED STEPS

Number									Counts					
12, 13	L balance-step ↑ or ↓ R balance-step in same direction ↑ or ↓ L follow-step in same direction ↑ or ↓													
	1, 2	3, 4	5, 6											
	R follow-step in same direction ↑ or ↓								8					
	7, 8													
*14, 15	L balance-step ↑ or ↓ R balance-step in same direction ↑ or ↓ L two-step in same direction ↑ or ↓													
	1, 2	3, 4	5, 6											
	R two-step in same direction ↑ or ↓								8					
	7, 8													
16, 17	L follow-step ↑ or ↓ R follow-step in same direction ↑ or ↓ L 4-count gallop-step in same direction ↑ or ↓								8					
	1, 2	3, 4	5, 6, 7, 8											
18	L two-step ↑ R two-step ↑ L cut-step into 2nd / ^d R cut-step into 2nd / ^d L cut-step into 2nd / ^d hop L, / R leg ↑								8					
	1, 2	3, 4	5	6	7	8								
19	L two-step ↓ R two-step ↓ L cut-step into 4th ↓ / ^d R cut-step into 4th ↑ / ^d L cut-step into 4th ↓ / ^d													
	1, 2	3, 4	5	6	7	8								
	hop L, / R leg ↑								8					
	8													
*20, 21	L two-step ↑ or ↓ R two-step in same direction ↑ or ↓ L side-skip-step in same direction ↑ or ↓								8					
	1, 2	3, 4	5, 6, 7, 8											
*22-24	L two-step ↑ R two-step ↑ front, or rear, or front-and-rear L side-skip-step L two-step ↓ R two-step ↓													
	1, 2	3, 4	5, 6, 7, 8	9, 10	11, 12									
	front, or rear, or front-and-rear L skip-step								16					
25	L skip-step ↑ L cut-step into 2nd / ^d R cut-step into 2nd / ^d L cut-step into 2nd / ^d hop L, / R leg ↑								8					
	1, 2, 3, 4	5	6	7	8									
26, 27	Slide L ← or ↑ cut R, / L leg in same direction ← or ↑ leap L in same direction ← or ↑ hop L, / R leg ↑								4					
	1	2	3	4										

* See Key, special note c, page 9.

UNCLASSIFIED STEPS

Number		Counts
28	L two-step ↑ R two-step ↑ slide L ↑ cut R, / L leg ↑ leap L ↑ hop L, / R leg ↑ 	8
	1, 2 3, 4 5 6 7 8	
29	L skip-step ↑ slide L ↑ cut R, / L leg ↑ leap L ↑ hop L, / R leg ↑ 	8
	1, 2, 3, 4 5 6 7 8	
30	L cut-step 4th ↑ / ^d into 4th ↓ / ^d hop L, / R leg ↑ R cut-step into 4th ↓ / ^d hop R, / L leg ↑ slide L ↑ cut R, / L leg ↑ leap L ↑ hop L, / R leg ↑ 	8
	1 2 3 4 5	
31	Slide L ↗ hop L, / R leg ↗ step R ↘, / L leg ↗ hop R, / L leg ↗, √ & — L knee ↗ slide L ↑ cut R, / L leg ↑ leap L ↑ hop L, / R leg ↑ 	8
	1 2 3 4 5	
32, 33	Hop R, touch L 6th hop R, — L leg ↗ hop R, touch L 6th hop R, — L leg ↗ slide L ← or ↑ cut R, / L leg in same direction ← or ↑ leap L in same direction ← or ↑ hop L, / R leg ↑ 	8
	1 2 3 4 5	
	6 7 8	
34-36	Slide L ← ↗, or ↙ cut R, / L leg in same direction ← ↗, or ↙ step L in same direction ← ↗, or ↙ hop L, √ R 5th / ^d 	4
	1 2 3	
	4	
37	Leap L ← leap R → leap L ← leap R → slide L ← cut R, / L leg ← step L ← hop L, √ R 5th / ^d 	8
	1 2 3 4 5 6 7 8	
38-40	Slide L ←, ↗, or ↙ cut R, / L leg in same direction ←, ↗, or ↙ hop R, √ L 5th / ^d leap L in same direction ←, ↗, or ↙ 	4
	1 2 3	
	4	
41-43	Step L ←, ↑, or ↓ hop L, / R leg ↑ 	2
	1 2	

UNCLASSIFIED STEPS

Number	Counts
44	5
	8
45, 46	4
47, 48	8
49	8
50	8
51	4
52, 53	8
54	8

44 Slide L ↗, / R leg ↘ | hop L | hop L | hop L | keeping R leg ↘ / ^d on 2, 3, 4 and with ~~as~~ 360° L on 1-4 | step R ↑ |

1 2 3 4

hop R, / L leg ↑ | step L ↑ | hop L, / R leg ↑ | |

6 7 8

45, 46 Step L ↑ or ↓ | step R in same direction ↑ or ↓ | step L in same direction ↑ or ↓ | hop L, / R leg ↑ |

1 2 3 4

47, 48 Step L ↑ or ↓ | hop L, / R leg ↑ | step R in same direction ↑ or ↓ | hop R, / L leg ↑ | step L in same direction ↑ or ↓ |

1 2 3 4 5

step R in same direction ↑ or ↓ | step L in same direction ↑ or ↓ | hop L, / R leg ↑ | |

6 7 8

49 Start with R 4th ↑ / ^d | cut R, slide L ← | hop L, / R leg → | cut R, slide L ← | hop L, / R leg → | step R ↑ |

1 2 3 4 5

step L ↑ | step R ↑ | hop R, / L leg ↑ | |

6 7 8

50 Slide L ↗ | hop L, / R leg ↘ | slide R ↗ | hop R, / L leg ↘ | step L ↑ | step R ↑ | step L ↑ | hop L, / R leg ↑ |

1 2 3 4 5 6 7 8

51 Step R ← X in back of L | step L ← | step R ← X in front of L | hop R, / L leg ↗ |

1 2 3 4

52, 53 Step L ← | hop L, / R leg ↑ | step R → | hop R, / L leg ↑ | step L ← | step R ← X in front or in back of L | step L ← |

1 2 3 4 5 6 7

hop L, / R leg ↑ | |

8

54 Start with R and / ^d | cut R, slide L ← | hop L, / R leg → | cut R, slide L ← | hop L, / R leg → |

1 2 3 4

step R ← X in back of L | step L ← | step R ← X in front of L | hop R, / L leg ← | |

5 6 7 8

UNCLASSIFIED STEPS

Number		Counts
55	<p>Start with R and \diagup^d cut R, slide L \leftarrow hop L, \diagup R leg \rightarrow cut R, slide L \leftarrow hop L, \diagup R leg \rightarrow cut R, slide L \leftarrow </p> <p style="text-align: center;">1 2 3 4 5</p> <p>cut R, \diagup L leg \leftarrow hop R, \vee L 5th \diagup^d hop R, — L leg \leftarrow </p> <p style="text-align: center;">6 7 8</p>	8
56	<p>Start with R and \diagup^d cut R, slide L \leftarrow hop L, \diagup R leg \rightarrow cut R, slide L \leftarrow hop L, \diagup R leg \rightarrow leap R \rightarrow leap L \leftarrow </p> <p style="text-align: center;">1 2 3 4 5 6</p> <p>leap R \rightarrow hop R, \diagup L leg \leftarrow <small>cc 180° L on 5-8, completing the figure in 8 counts. (The figure necessitates progression ↔ in a straight line.)</small></p> <p style="text-align: center;">7 8</p>	8

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